

On March 4th, Elect a Proven Fighter

Bob Chiarelli

Ottawa West-Nepean

Campaign Office: Carlingwood Mall

Phone: 613-722-5554

www.bobchiarelli.com



Authorized by the CFO for the Bob Chiarelli Campaign

Teach English

Get Paid to Explore the World
Seats Available Call Now! 562-8370
Free Teach English Abroad Seminar:
Tonight! Tues. March 2nd @ 7:00 pm
United TESOL 41 York St.
International College of Teacher Training

The world's largest global newspaper

metro

OTTAWA • TUESDAY, MARCH 2, 2010

JOHNNY FARINA
Italian Restaurant presents
Works by local artists
featuring Ralph Nevins
GALLERY FARINA
UPSTAIRS
216 Elgin St. • 613.565.5155

Polar bears have evolved quickly, research shows

CLIMATE Research suggests polar bears have evolved more quickly than previously believed.

The discovery creates new questions about the adaptability of the animals as their habitat warms up due to climate change.

Scientists studying DNA from fossils found in Norway have determined that polar bears developed into their own species about 150,000 years ago — much more recently than the six million years some researchers believed.

It also means that the bears survived the last interglacial period, a time that also saw warm temperatures in the Arctic.

THE CANADIAN PRESS

News on the Move
What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3



Health & Beauty

A Metro special focus — spring into a new you, pages 13-14

On the web Visit metronews.ca for news updates



Four-man bobsled bronze medallist Chris Le Bihan, left, meets infant son Beau for the first time and shows his medal to wife Naomi in Calgary yesterday after arriving from the 2010 Vancouver Winter Games. The baby was born during the Olympics.

A Games well played

Only 1% of Canadians unhappy with medal results: Poll

VANCOUVER 2010 Games

Canadians are waking up after their success at hosting the 2010 Winter Games with something akin to post-coital bliss, a Canadian Press-Harris Decima survey has found.

The poll suggested that of the more than 1,000 people polled between Thursday and Sunday, almost no one — only one per cent — was unhappy with the performance of Canada's athletes.

Of those polled, 65 per cent said they were "very satisfied" and the rest were merely satisfied.

But the poll also indicated that as euphoria fades, the resolve to bask in the love affair could weaken as the federal government and the provinces begin introducing what are expected to be cost-cutting budgets in the days to come.

British Columbia tables its budget today and the federal government releases its budget on Thursday. Doug Anderson, a senior

vice-president with Harris Decima, said the satisfaction numbers regarding the Canadian athletes are virtually unheard of. And many of those responses were gathered even before the Canadian men's hockey team won the gold medal in overtime Sunday.

"I can only imagine that if we started to do the interviewing after Sidney Crosby scored that goal, the numbers only get better," Anderson said. "I can't remember a time when as many Canadians felt as good about the same thing

at the same time."

The closing ceremonies Sunday wrapped up an unprecedented two-week period that saw Canadians flood onto Vancouver streets, creating a red-and-white human tapestry of patriotic clothing, flags and face paint.

By yesterday morning, the streets were being swept clean, the airport was clogged with travellers and politicians at all levels of government were talking about how to maintain the nationalist momentum.

THE CANADIAN PRESS

favour of letting passengers on, unless safety was promised.

"I see the operator as being the captain of a ship here," said Coun. Rainer Bloess

Bloess. "He or she has a responsibility to manage the space on it, to try to manage the passengers."

OC Transpo GM Alain Mercier recommended relying on driver discretion, but admitted it makes rider experiences unpredictable. "What may be practical for a customer one day with one operator may be quite different the next day with the same customer with a different operator, and that is the reality we live with."

STEVE COLLINS/
FOR METRO OTTAWA



BECOME OUR NEXT SCHOOL BUS DRIVER

First Student Canada

www.firststudentcanada.com

FREE TRAINING
CALL TODAY!

613-688-0653



GREAT deals starting at

\$649

+Taxes & other fees
(including service charges): \$315

DOMINICAN REPUBLIC

Samana via Toronto
Gran Bahia Principe
Cayacoa • 4★
All-Inclusive • Standard rm.
Mar. 6, 7, 20, 21, 27 & 28 • 1 wk. **\$649**

+Taxes & other fees
(including service charges): \$315
Please add \$50 for Sat. departures

Punta Cana via Toronto

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Mar. 4, 6 & 7 • 1 wk. **\$799**

+Taxes & other fees
(including service charges): \$315

BAHAMAS

Nassau via Toronto
Sheraton Nassau Beach Resort • 4★
Breakfast, lunch & dinner
Resort view rm.
Apr. 12 - May 17 • 4 nts. **\$989**

+Taxes & other fees
(including service charges): \$95
Price based on Mon. departures

MEXICO

**Puerta Vallarta / Riviera
Nayarit** via Toronto
Canto del Sol
Plaza Vallarta • 3 1/2★
All-Inclusive • Standard rm.
Mar. 17 - 31 • 1 wk. **\$699**

+Taxes & other fees
(including service charges): \$284
Please add \$50 for Sat. & Sun. departures

CUBA

Santa Clara
Barceló Cayo Santa María
Beach Resort • 4★
All-Inclusive • Junior suite
Mar. 21 & 28 • 1 wk. **\$959**

+Taxes & other fees
(including service charges): \$284
Departure tax: 25 CUC cash, paid locally

JAMAICA

Sunset Jamaica Grande
Resort & Spa • 4★
All-Inclusive • Standard rm.
Mar. 6, 20 & 27 • 1 wk. **\$799**

+Taxes & other fees
(including service charges): \$266

TURKS & CAICOS

Villa del Mar • 3★
Deluxe studio suite
Mar. 22 • 1 wk. **\$1229**

+Taxes & other fees
(including service charges): \$223

Ocean Club
Resort • 3 1/2★
Studio suite
Mar. 22 • 1 wk. **\$1239**

+Taxes & other fees
(including service charges): \$223

DEAL to EUROPE

London
Hotel Ibis London Earls Court • 3★
Breakfast • Standard rm.
Mar. 19 • 3 nts. **\$659**

+Taxes & other fees
(including service charges): \$389

DEAL on CRUISES

Princess Cruises²
Caribbean Princess
Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. J
Mar. 28 • 1 wk. **\$1299**

+Taxes & other fees
(including service charges): \$253



IBEROSTAR HOTELS & RESORTS

DOMINICAN REPUBLIC

La Romana via Toronto
Iberostar Hacienda
Dominicus • 4 1/2★
All-Inclusive • Standard rm.
Mar. 20 & 27 • 1 wk. **\$1089**

+Taxes & other fees
(including service charges): \$315

MEXICO

Cancun / Riviera Maya via Toronto
Iberostar Paraiso
Beach • 4 1/2★
All-Inclusive • Hotel rm.
June 7, 14 & 21 • 1 wk. **\$1149**

+Taxes & other fees
(including service charges): \$291

Fly in style - Upgrade to Executive Class® service

aircanadavacations.com

Call 1 866 529-2079 or your travel agent



Earn up to 6,600
Aeroplan® Miles
per member⁺

Find us on



Prices in this ad are in Canadian dollars and are valid for bookings made between Mar. 2 & 6, 2010, inclusive. Prices are per person based on double occupancy unless otherwise stated. From Ottawa - McDonald-Carter International Airport, Air & Hotel package to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochure or www.aircanadavacations.com. Ontario registration #50013537. Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ Sale price reflects applicable reductions. ■ Princess Cruises ships' registry: Bermuda. ■ Aeroplan is a registered trademark of Aeroplan Canada Inc. ■ Air Canada Vacations is a registered trademark of Air Canada. ■



1 DOWNLOAD THE FREE SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM



2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO



3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA



Local



fantastic CITY

Look what city is leading now...

HALIFAX
FANS
745OTTAWA
FANS
340TORONTO
FANS
851CALGARY
FANS
352EDMONTON
FANS
220VANCOUVER
FANS
440

Become a Facebook fan for a chance to win airfare to any Metro city in Canada.

*Total number of fans as of 4:30 PM yesterday. Numbers shown are based on specified criteria. Become a FAN at www.facebook.com/metroottawa

Transit route supporters go unheard

Committee decides against listening to presentations in favour of Route 245

STEVE COLLINS
for Metro Ottawa**Ottawa's transit committee yesterday refused to hear from residents trying to stop cuts to OC Transpo's Route 245.**

During budget deliberations, council decided to eliminate service south of Manotick next month because of low ridership. The cut is expected to save \$25,700.

The transit committee voted against making an exception to procedural rules and hearing the petitioners.

Coun. Jacques Legendre, who was among the nays, said that while 170 people had signed a petition, as few as four people actually ride the bus.

"If that many people really want the service, maybe they should buy a bus pass (and) the service would not have been cut," he said.

he said.

Ridership figures are in dispute, said transit chairman Alex Cullen, who had addressed the motion to hear the petitioners.

"This matter came up during the budget without notice to that community," Cullen said, "and so the community is saying, 'Wait a sec, give us a chance to talk to you about it, we think we have a viable route here,' and it's unfortunate that this committee

wouldn't hear it."

Several residents who had arrived with prepared presentations expressed frustration both at the route cut and at not getting a chance to address the committee.

They included former freestyle skier Mike Nemesvary, who uses an electric wheelchair and whose partner and caregiver doesn't drive.

"This is our lifeline," said Nemesvary, who won three

World Cups before a 1985 training accident left him a quadriplegic. "This is the only option we have for public transportation as a couple."

He received the key to the city in 2003 for activism on behalf of the disabled.

"A lot of people ask, 'What does the key open?' and now I can say nothing, not even the eyes and the ears of councillors on an important issue," he said.

Report says service animal bylaw OK

STEVE COLLINS
for Metro Ottawa**TRANSIT** The city's bylaw for guide dogs and other service animals aboard public transit doesn't need any improvement to comply with federal or provincial regulations, a staff report stated.

The transit committee received a report from city solicitor Rick O'Connor, which noted that provincial laws do not apply to OC Transpo because it operates in both Ontario and Quebec, and so is regulated federally.

Catherine Gardner, chair of the city's accessibility advisory committee, said that while she supported the report's conclusions, she still saw room for improvement.

Gardner, who travels with a guide dog herself, worried that the current rules, under which a doctor's note can be enough to let service animals onboard, might be too lax.

"It does scare me that other dogs may be going on the buses that do not have training, that do not have a licence and that may not have up-to-date vaccinations," she said.



TIM WIECLAWSKI/METRO OTTAWA

Milad Naim, left, from the Lucky 7 Sports Bar in Embrun, checks out John Bekings' eggs produced at Bekings Poultry Farm in Oxford Station during a farmer-chef meet and greet organized by Savour Ottawa at the Fairmont Chateau Laurier yesterday.

Farmers, chefs meet and greet

TIM WIECLAWSKI
tim.wieclawski@metronews.ca**LOCAL FOOD** John Bekings sells around 100,000 eggs every week.

Every single one of those eggs stays within 100 kilometres of Bekings Poultry Farm in nearby Oxford Station.

"I'm about as local as you can get when it comes to chicken farming," Bekings said yesterday at Savour Ottawa's fourth annual meet

and greet for farmers and chefs at the Fairmont Chateau Laurier yesterday.

The event is intended to help local farmers meet up with local chefs with the aim of having more locally produced food available in restaurants in Ottawa.

"In the beginning, we called it speed dating for farmers," said Savour Ottawa co-ordinator Heather Hossie. "They meet a lot of people in a condensed period of time."

Despite a solid network of

around 90 restaurants and markets in the region buying his eggs, Bekings set up a booth at the event as an opportunity to connect with his customers.

Acorn Creek Garden Farms owner Andy Terauds said the speed dating comparison was spot-on.

The meet and greet is held this time of year, said Terauds, so farmers have time to adjust what crops they plan to grow with whatever deals were made yesterday.

News in brief

ROBBERY Ottawa police seek a suspect after a Shoppers Drug Mart in Kanata was robbed Sunday night. Shortly after 9 p.m., a man entered a store at 420 Hazeldean Rd. and fled with an undisclosed

amount of cash.

SEX ASSAULT Police are investigating a sexual assault after a 20-year-old woman was attacked in the ByWard Market area on Sunday night. The victim was walking on St. Andrew

Street when she was knocked to the ground and inappropriately touched.

150TH BIRTHDAY Today, the city's corporate services committee will consider creating an organizing committee forCanada's 150th anniversary in 2017. The motion suggests that the organizing committee consist of representatives from the community, the tourism industry and federal and provincial agencies. **METRO OTTAWA**

In an effort to fight fraud, Gatineau police are reminding employees at establishments to be vigilant with their debit machines, and to check them several times a day to prevent fraud.

TRACEY TONG/METRO OTTAWA

Lotteries Ontario Pick 3: 204; Ontario Pick 4: 3997
Encore: 4580384
Daily Keno: 4, 21, 26, 27, 33, 38, 39, 40, 44, 47
49, 51, 52, 53, 54, 57, 62, 66, 69, 70.
These results are not official.ADVERTISE TODAY!
1 888 91 metro (63876)

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page.

metronews.ca

What's online today.

Photos Relive this weekend's excitement of the Anne Hegerty Ontario Junior Ski Championship at metronews.ca/local**Video** A mass exodus of tourists, athletes and guests swamp Vancouver International Airport at metronews.ca/canada**KENO**

GMC FULLY LOADED EVENT

2010 **GMC**
TERRAIN SLE
\$28,898*

PLUS



OFFER INCLUDES: • FREIGHT & PDI \$ 1,350 • AIR TAX \$100 • ENVIRONMENTAL HANDLING FEE \$29 • VEHICLE REGISTRATION \$10 • OMVIC FEE \$5

WELL EQUIPPED WITH: • 182 HP 2.4L ECOTEC® VVT Engine with Direct Injection • 6-speed Automatic • Remote Keyless Entry System • Rearview Camera System • Air Conditioning with Air Filtration System • 4-wheel Disc Brakes with ABS and Panic Brake Assist • StabiliTrak® Electronic Stability Control System • Driver and Front-passenger Side Airbags • Side-impact Air Bags • Head Curtains • Side-impact Air Bags with Rollover Protection • Power Windows • Programmable Door Locks and Heated Mirrors • Multi-Flex® Seating • Sliding Rear Seats • Moves up to 20cm Backward or Forward • Best in Segment Second-row Legroom* • And more



- BETTER HIGHWAY FUEL EFFICIENCY THAN EVEN THE FORD ESCAPE HYBRID△
 - ONLY COMPACT CROSSOVER WITH A STANDARD REARVIEW-BACKUP CAMERA△



\$33,998*
INCLUDES \$4,200
CASH CREDIT*

A rectangular service card with a dark background. On the left, there is a vertical graphic of a screw with a Phillips head and several smaller screws. To the right of this graphic, the word "Goodwrench" is written in a large, bold, white, sans-serif font. Below it, the word "MAINTENANCE" is written in a smaller, white, sans-serif font. Underneath that, the letters "GMC" are written in a red, bold, sans-serif font. At the bottom right, the number "\$750" is written in a large, white, sans-serif font.

USE ON
MAINTENANCE
AND SERVICE

OFFER INCLUDES: • FREIGHT & PDI \$1,350 • AIR TAX \$100 • TAX FOR FUEL CONSERVATION \$75
• ENVIRONMENTAL HANDLING FEE \$29 • VEHICLE REGISTRATION \$10 • OMVIC FEE \$5

WELL EQUIPPED WITH: • 8-passenger Seating • 288 HP 3.6L V6 VVT Engine with Direct Injection • 6-speed Automatic • Power Windows, Door Locks and Mirrors • Remote Keyless Entry System • Roof Side Rails • StabiliTrak® Electronic Stability Control System • Driver and Front-passenger Frontal and Seat-mounted Side-impact Air Bags • Front-to-Rear Outboard Head/Curtain Side-impact Air Bags • And more

Outboard Head/Curtain Side-Impact Air Bags3 • And more

2010 GMC SIERRA NEVADA EDITION EXT. CAB 2WD



\$26,99
INCLUDES \$700
CASH CREDIT

A black rectangular gift card with the text "Goodwrench MAINTENANCE GMC" at the top and "\$750" in large letters at the bottom.

OFFER INCLUDES: • FREIGHT & PDI \$1,350 • AIR TAX \$100 • TAX FOR FUEL CONSERVATION \$75
• ENVIRONMENTAL HANDLING FEE \$29 • VEHICLE REGISTRATION \$10 • OMVIC FEE \$5

WELL EQUIPPED WITH: • 302 HP Vortec® 4.8L V8 VVT Engine • Automatic Transmission • Locking Rear Differential • Driver and Front-passenger Frontal and Seat-mounted Side-impact Air Bags • Head Curtain Side-impact Air Bags with Roller-over Protection • StabiliTrak® Electronic Stability Control System • Power Windows, Programmable Door Locks and Heated Mirrors • Remote Keyless Entry System • 17-in. Wheels with Chrome Appearance • 4-wheel ABS • Air Conditioning • And more

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$599 for Dealer fees.***



THE BEST COVERAGE IN CANADA
5 YEARS[†] • POWERTRAIN COMPONENT LIMITED WARRANTY
160,000 KM[†] • ROADSIDE ASSISTANCE
• COURTESY TRANSPORTATION
• EXCEPT CHEVROLET TRUCKS. SEE DEALER FOR LIMITED WARRANTY DETAILS.



Hospital gets \$10 million for robotic surgical system

Toronto's Hospital for Sick Children is getting \$10 million from the federal government to develop the KidsArm robotic surgical system. KidsArm is an image-guided medical robot designed for pediatric patients. **THE CANADIAN PRESS**

Canada

Whitby, Ont. **Feet of Flaherty**



Finance Minister Jim Flaherty, left, removes his shoes to try on a pair at a store as shop owner Gary Barton looks on in Whitby, Ont., yesterday ahead of this week's federal budget.

Syncrude failed to protect fowl: Lawyer

OILSANDS Prosecutors say Syncrude Canada was the only oilsands company that failed to deploy noise cannons when 1,600 ducks died on one of its tailings ponds in northern Alberta two years ago.

Provincial and federal prosecutors also contend Syncrude workers respon-

sible for deploying the noisemakers were not working that day in April 2008.

"Other companies in the area had deployed their bird deterrent devices," Alberta Crown prosecutor Susan McRory said yesterday at the start of the trial.

THE CANADIAN PRESS

Cop violated ex-NHLer's rights, court hears

A lawyer for Rob Ramage is telling Ontario's top court that a police officer wilfully and deliberately violated the former NHL player's Charter rights. Ramage was found guilty in 2007 on several charges including impaired driving causing death in a crash that killed his friend, fellow former NHLer Keith Magnuson. Ramage's lawyer, Brian Greenspan, argued before the Court of Appeal for Ontario yesterday that the police officer seized a urine sample from Ramage without his informed consent.

THE CANADIAN PRESS

Despite a national deficit, their travel comfort's on you

Federal politicians aren't letting a record deficit stop them from jetting around the globe in style.

MPs and senators from all parties are proposing to spend almost \$1.5 million in taxpayers' money in the next fiscal year to attend meetings in such exotic locales as Swaziland, Seychelles, Trinidad, Kenya, India and Indonesia.

And with sky-high airfares of up to \$10,500 each, they don't appear to be planning to fly economy — or shopping for the lowest price.

Details of the planned excursions are contained in the draft budgets for the Inter-Parliamentary Union

and the Commonwealth Parliamentary Association, obtained by The Canadian Press. They are just two of a dozen parliamentary associations to which federal politicians belong.

The IPU is asking for \$870,366 and the CPA for \$605,818 — most of it for international travel. Both budgets must still be approved by the Joint Inter-parliamentary Council, which is overseen by the Speaker of the House of Commons and the Senate's internal economy committee.

The IPU budget provides the most detail, including estimated airfares for each of its 16 international trips

Hey, big spender...

- The ticket prices seem very high, even for business class. The Canadian Press was able to find business or executive class fares for \$3,600 to New Delhi, \$8,700 to Jakarta and \$3,000 to Vienna — more than

\$1,000 less than the IPU's estimates. And while politicians often say business class is justified on long flights, \$2,500 to make the short hop to New York is several times the cost of an economy class ticket.

planned for the 2010-11 fiscal year. For instance: \$10,500 to Jakarta and New Delhi, \$5,000 to Vienna, \$7,000 to Geneva, and \$2,500 to New York.

The proposed fares don't appear to take into account the fact that many of the trips are months away — some as much as a year away.

THE CANADIAN PRESS

m.metronews.ca



Scan this barcode for more Canada news on your smartphone.

Learn how to scan the barcode with the instructions at the top of pg 3

Vancouver Among the wildlife



Czech Republic Olympic team staff members Jaroslav Lucan, left, and Tomas Lucan pose for photographs with a beaver and moose mascot as they wait to check in for their flight home at the Vancouver International Airport in Richmond, B.C., yesterday. The airport expected to have its busiest day ever with about 58,000 people passing through as athletes and visitors head home.

DARREN LYNN/THE CANADIAN PRESS

News in brief

MEMORIAL A scholarship and bursary program has been established in the memory of the 17 victims of the crash of Cougar Flight 491 off Newfoundland last year.

BUDGET Stephen Harper got lots of practice saying "no" during preparations for Thursday's federal budget. With the government looking to trim a record \$56-billion deficit, the prime minister says he and Finance Minister Jim Flaherty have spent more time working on this budget than any other. But Liberal Leader Michael Ignatieff says the budget should say yes when it comes to measures that will create jobs.

THE CANADIAN PRESS

Celebrate the movement that's changing the world one woman at a time with a breathtaking movie event inspired by the highly acclaimed book **HALF THE SKY**.



HALF THE SKY LIVE

ONE NIGHT ONLY

March 4 at 7:30pm, Empire 7 Cinemas, World Exchange Plaza

Seating is limited. Buy your tickets today at CARE.CA

Marisa Tomei
Co-director **HALF THE SKY: Womeshet**

Sarah, Duchess of York
CARE Ambassador

Michael Franti
CARE Ambassador

U.S. federal prosecutors say four California men made more than \$25 million US reselling tickets to events they acquired by hacking into Ticketmaster and other sites. **THE ASSOCIATED PRESS**

World



Everybody gets naked

About 5,200 naked people embraced each other on the steps of Sydney's iconic Opera House yesterday for a photo shoot by Spencer Tunick. Tunick, who is known for his nude group photos in public spaces, posed participants for more than an hour in a variety of positions.

THE ASSOCIATED PRESS

'Emergency without parallel'

Chile rescuers find signs of life in quake-toppled building; death toll rises

Rescuers found signs of life in the wreckage of a 15-story building yesterday as the world offered aid to victims of an earthquake that killed more than 700 people. Looters roamed the streets even after troops and police arrested dozens of people for violating a curfew.

The toll of dead rose to 723, with 19 others missing, the National Emergency Office announced, in a magnitude-8.8 quake that President Michelle Bachelet called "an emergency without parallel in Chile's history."

Some coastal towns were almost obliterated — first shaken by the quake, then slammed by a tsunami that carried whole houses inland and crushed others. Shocked survivors were left without power, water or food.

In Concepcion, the biggest city near the epicentre, rescuers heard the knock of trapped victims inside a toppled 70-unit apartment building and began to drill through

Mining OK

- Canadian mining companies with operations in Chile aren't reporting any damage from Friday's earthquake, but some say damaged infrastructure could make it difficult to get supplies. Some of Canada's biggest mining companies have operations in the South American country.

thick walls to reach them, said fire department Commander Juan Carlos

Subercaseux.

Firefighters had already pulled 25 survivors and nine bodies from the structure.

Electricity was still out, however, water was scarce and looters re-emerged at dusk despite beefed up security.

Dozens of people sacked stores selling food, clothing and drugs, fleeing when police appeared to drive them away. Some struck gas stations, stealing cash from attendants.

THE ASSOCIATED PRESS

Zundel released from prison

GERMANY Far-right German activist Ernst Zundel was freed yesterday after serving five years in prison for denying the Holocaust ever happened. The 70-year-old had been extradited in 2005 from Canada, where he spent additional time behind bars on the German warrant after having been deported from the U.S. Zundel was convicted on 14 counts of inciting hatred for anti-Semitic activities, including contributing to a website devoted to denying the Holocaust — a crime in Germany.

THE ASSOCIATED PRESS

News in brief

AUTO General Motors says it is recalling 1.3 million compact cars in the Canada, the U.S. and Mexico to fix power steering motors that can fail. Models covered by the recall include 2005 to 2010 Chevrolet Cobalts, the 2007 to 2010 Pontiac G5s, 2005 and 2006 Pontiac Pursuits sold in Canada and 2005 and 2006 Pontiac G4s sold in Mexico. GM says the vehicles are safe to drive and never lose steering, but they may be harder to steer when travelling under 24 kph. The automaker is getting parts to replace the electric power steering motor.

THE ASSOCIATED PRESS

India Colourful Holi-day



Thousands of people dance as coloured water pours on them during Holi festivities in Gauhati, India, yesterday. Holi, the Hindu festival of colours that also heralds the coming of spring, is being celebrated across the country.

Berlusconi OK's corruption crackdown

ITALY The Cabinet of Italian Premier Silvio Berlusconi proposed legislation yesterday to keep politicians out of Parliament if convicted of embezzlement, bribery or other forms of corruption after scandals hit a top aide and politicians in his party.

One of his closest associates, the chief of the nation's disaster relief agency, has come under investigation in a probe of public contracts for construction before last year's Group of Eight summit in Italy.

The aide, Guido Bertola-

On trial himself

- Premier Silvio Berlusconi, who himself is on trial in a bribery case and who denies wrongdoing, recently promised the crackdown.

so, who also oversaw disaster aid after last year's earthquake in L'Aquila, denies he did anything wrong as part of running G8 preparations.

Meanwhile, a senator from Berlusconi's conservative party, suspected by prosecutors of having a role in money laundering

for organized crime, re-signed yesterday.

Nicola Di Girolamo, a member of the premier's conservative Freedom People's party, represents Italians living abroad. Rome-based organized crime prosecutors alleged that Di Girolamo was elected with falsified ballots of Italian voters living in and around the German city of Stuttgart.

The alleged fraud was purportedly arranged by the 'ndrangheta, a southern Italian crime syndicate with a solid base in Germany.

THE ASSOCIATED PRESS

m.metronews.ca



Litan of complaints in embattled Marjah prove 'hearts and minds' will be elusive. Scan this code for the story.



Flooded houses and cars are seen in La Faute sur Mer, on France's Atlantic coast yesterday.

Dozens dead after European storm

FRANCE Thousands of firefighters and other rescue workers searched house by house yesterday along France's devastated Atlantic coast, trying to help those still stranded by a storm that smashed sea walls and killed at least 62 people across western Europe.

About half the French death toll of 51 was attributed to the breach of the sea wall off the coastal town of L'Aiguillon-sur-Mer, where ocean waters surged up to the roofs of some homes.

The spokesman for France's emergency services, Lt. Col. Patrick Vailli, said nine other people were still missing and scores more were wounded.

The storm also caused six deaths in Germany — including a two-year-old boy who drowned after he was blown into a river. Three people were dead in Spain, and Belgium and Portugal had one fatality each.

"It is a national disaster, a human drama with a terrible death toll," Sarkozy said. "The urgent thing is to support the families who have members missing or dead."

Regional officials clamoured for France to quickly

Coal miners trapped in China

CHINA Rescuers worked to save 31 coal miners trapped underground by a flood early yesterday in northern China, state media reported.

Although China's mine safety record has improved in recent years, it is still the deadliest in the world, with blasts and other accidents common.

Rescuers pumped water from the Mt. Camel Coal Mine in Wuhai city in the northern region of Inner Mongolia, where the flood trapped the miners earlier in the day, the official Xinhua News Agency said.

Many were blamed on lax safety methods and poor training as mining companies scramble to feed the country's voracious demand for coal.

THE ASSOCIATED PRESS

HURRY! STARTING THIS WEEKEND

AIR MILES® SUPER BONUS EVENT



Collect and Go at



Pharma Plus®

A pharmacy first.

Feb 27-Mar 5, earn up to

490 BONUS AIR MILES reward miles

on selected products.[†]

Feb 26-Mar 4, earn over

metro
Food at its best.

300 BONUS AIR MILES reward miles

on selected products.^{††}



THAT'S 790 REWARD MILES CLOSER
TO FLIGHTS TO NEW YORK STARTING
FROM 1,150 AIR MILES REWARD MILES^{†††}



MORE WAYS TO EARN. MORE REWARD OPTIONS.
GET MORE FROM AIR MILES®.

For more information, go to airmiles.ca/superbonus

[†]On selected products only, from February 27, 2010 to March 5, 2010. Excluding taxes. See flyer for details. Advertised items available at participating Rexall Pharmacy Plus stores only. We reserve the right to limit quantities.
^{††}On selected products only, from February 26, 2010 to March 4, 2010. Excluding taxes. Offer available at Metro locations in Ontario only, excluding Thunder Bay. See Metro flyer for details. Some conditions apply.
^{†††}All Rewards offered are subject to the Terms and Conditions of the AIR MILES® Reward Program. Some restrictions and additional charges apply. Subject to availability. Visit airmiles.ca or call the AIR MILES Customer Care Centre at 1-888-AIR MILES (in Toronto (416) 226-5171). Flight quote is applicable for travel during low season only. ®TMTrademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsors or authorized for their use in Canada.

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

PM basks in the glow

National Report

Lawrence Martin

The spectacular Canadian performance at the Winter Olympics could not have come at a better time for Stephen Harper. It's the biggest feel-good story since the 1972 Canada-Russia hockey series. The Games turned public attention fully away from the political shenanigans of the governing party in suspending Parliament.

Harper was at the Games, trying as best he could — as any politician would — to share in the spotlight.

The euphoria should pay off in a handsome bounce for him in the polls, though there is no guarantee. Our 1972 triumph over

the Russians did not produce a political benefit for the Trudeau Liberals. They came within a hair of losing the election that took place right after the series.

There will be an irony of sorts if Harper gets a big boost from the Olympics. The big rap against him is that there is no sportsmanship in the games he plays, no demonstration of Olympic ideals. He runs from the field when the opposition gets tough. He head-butts opponents. He repeatedly

throws away the rulebook. If politics were an event in the Games, the Olympic movement would have had Harper expelled long ago.

On that note, it is to be hoped that the prime minister, as well as opposition leaders, learned something from the way in which our athletes comported themselves. They showed how you can win with hard work and an honest and honourable effort.

Parliament finally returns this week. Our MPs have been on vacation for much of the last year and a half. In 2008, from June until into the new year, Parliament sat only two weeks. Last year, it had its traditional three-month summer break and, more recently, starting in December, it had another three-month break. If our Olympians took this much

Stephen Harper

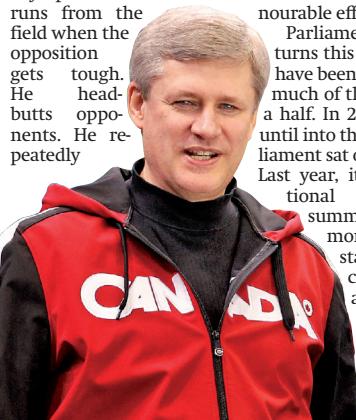
time off they would never win anything.

Tomorrow, there's the speech from the throne, likely the last from Gov. Gen. Michaëlle Jean, whose term expires in the fall. The budget from Finance Minister Jim Flaherty follows Thursday.

Among the reasons offered for the shutdown of Parliament was the need for time, the Conservatives said, to "recalibrate." But don't look for anything too exciting from the recalibration exercise. The budget will likely be a stabilizing effort that holds off on more stimulus spending in order to keep the deficit in check.

The Conservatives will contend that they have the country on the right track. They will want, though they play a different sport in a different way, to bask in the Olympic glow.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Views

Tiger Woods' witch hunt is a hypocrisy

InStep

Christine Williams

So, Tiger Woods is a big time cheater. He may even be a sex addict. Although disappointing, I'm still befuddled by the intensity of public outcry that screams hypocrisy.

Sadly enough, affairs are common among us. Virtually all of us know at least one person who has been cheated on. The only difference is that Woods had an astounding 13 alleged mistresses, and he sports more than a great golf swing. His squeaky clean, family man look had us all deluded. We

were fooled and now we're mad as hell.

I'm curious though, about what number of affairs makes infidelity publicly acceptable.

Among celebrities, infidelity is fashionable and no one really knows who holds the highest infidelity score. Even among the general public, it's difficult to acquire infidelity statistics because it's done in secret and most people wouldn't want to admit to it.

One thing we do know: There are discreet affairs. The Ashley Madison infidelity dating site boasts of almost 2.5 million members, carrying the slogan, life is short, have an affair.

Seducing temptations are in bumper-crop supply, fed by luring images on the Internet, TV, magazines, and derogatory slogans about

the dreary old man, the old lady, and the seven-year itch. Sadly enough, affairs are highly glamorized.

Many among us have fallen into temptation and now we're throwing Woods under a bus.

Part of our strong reaction to Tiger Woods could be a reflection of our better conscience, a projection of our own disappointment toward the ultimate relationship betrayal. So we beat up on Woods — a distant, safer target. This way we get to vent away the steam from our own encumbrances. If this is the case, it can be quite cathartic.

Also, we habitually hunt for role models in the performance world when we need to be discovering them in our own backyards, i.e., at home, schools,

and religious institutions.

What's even more disturbing than Woods is the recent headline about the two Manitoba teachers who performed a gross bump-and-grind lap dance in front of shocked high school students.

So while Woods is being carried away in the witch hunt because he disappointed people's fantasies about who they wanted him to be, his indiscretions are between him and his family. His public apology only deepened his embarrassment and most people are not convinced anyway. He isn't a deity, an esteemed cleric — he's a great golfer. Heck, he's not even Bill Clinton.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

MY SELF-WORTH DEPENDS
ON THE PERFORMANCE OF
A NATIONAL HOCKEY TEAM.
WHAT'S MY PROBLEM?



Worth mentioning

Planning to overthrow government — \$5 please

In South Carolina, any group that plans to overthrow the federal government — or any other government in the U.S. — must register its activities. It's the law.

Now, some state legislators are looking to repeal it.

State Sen. Larry Martin said yesterday the 1951 statute, meant to deter communists, is making South Carolina look bad since bloggers and talk radio picked up on it last month. A misconception spread that the statute, on

the books for nearly six decades, had only recently become law.

Legislators said some constituents in this deeply conservative state were concerned it was aimed at conservative activists.

\$5 The "subversive activities registration act" requires

any group that advocates overthrowing local, state or federal governments to pay

\$5 and register the group's name, its leader's address, be

liefs, all members living in

South Carolina and check yes or no to the following: "Do

you or your organization directly or indirectly advocate, advise, teach or practise the duty or necessity of controlling, seizing or overthrowing the government?"

"Nothing could be fur-

ther from the truth," said

Martin. The law was en-

acted "at a time they thought it

was the best

response to the communist

scare. It's long outlived its

usefulness, if ever it had one."

THE ASSOCIATED PRESS

We Know What You're Thinking

41%

The number of Canadians who would rather clean out their basement or garage than look at their taxes or finances.



IPSOS REID

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Buffett not bullish yet

Billionaire Warren Buffett said yesterday the economy is improving, but very slowly, and consumers are still not spending much, so job growth will remain slow. **THE ASSOCIATED PRESS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Confidence in economy up

Ontarians still worried: Survey

Canadians are becoming more confident about the state of the economy as the labour market improves, the latest consumer confidence survey from the Royal Bank of Canada shows.

The exceptions are Ontario and Atlantic Canada, where job anxieties have increased since January.

In the February RBC Canadian Consumer Outlook released yesterday, 30 per cent of Ontarians report that a member of their household is worried about losing their job or being laid off.

That's a four-month high and the highest level in the country; job anxiety is 25 per cent nationally. While worries about jobs also went up by six percentage points to 24 per cent on the East Coast, it fell in all other

regions of the country.

"It's not entirely surprising given how difficult the recession has been in Ontario," said Robert Hogue, senior economist with the Royal Bank of Canada.

"Unemployment is still high and that weighs on households."

Respondents in Manitoba and Saskatchewan had the lowest levels of job anxiety, just 13 per cent.

Overall, the index rose to 109 in February, up three points from 106 in January. That's the highest level the index has reached since it was established in November 2009.

Canadians are divided on the overall state of the economy, but a slim majority — 53 per cent — now describe the economy as good.

METRO NEWS SERVICES

Growth rate jumps to 5%

GDP Canada's economy expanded more than expected in the final months of 2009, as the country experienced the largest quarterly increase in gross domestic product in nearly a decade.

Statistics Canada says the annual growth rate in the fourth quarter rose to a surprisingly strong five per cent. That was a full percentage point higher than economists had generally expected.

It was also above the Bank of Canada's latest estimate in January, when the central bank was looking for the fourth-quarter growth rate to be 3.3 per cent.

THE CANADIAN PRESS



In time for budget week, a policy group is urging Ottawa to ramp up deficit spending to boost the economy. Scan this code for the story.

Toyoda apologizes to China

TOYOTA Toyota President Akio Toyoda apologized yesterday to customers in China for the company's quality problems and emphasized the importance of the fast-growing market to his company.

Toyoda said he flew straight to Beijing from the United States to show his sincerity to China's customers. He faced a grilling last week in Washington by angry U.S. lawmakers about recalls over sticky gas pedals, faulty floor mats and glitches in braking software.

"The Chinese market is very important, so I flew here in person in the hope my personal expression of an apology and explanation will give customers some relief," Toyoda said at a news conference.

Toyoda's decision to make China his second foreign appearance reflected the importance of its market as sales lag elsewhere.

THE ASSOCIATED PRESS

Fast food **Nostalgia stills sells**



Colin MacDonald, general manager of Halifax's Chickenburger restaurant, sits inside the dining room. The Chickenburger might be the only restaurant in Atlantic Canada where you'll be asked in the dead of winter whether you'd like to enjoy your order in the parking lot. Even when the 1950s-style landmark isn't packed, nostalgic patrons often go to their warm vehicles, balancing fries and burgers on knees and steering wheels.

Comwave Knocks Out the Competition with Guaranteed Lowest Rates FOR LIFE!

If you EVER Find a Lower Rate
Simply Call us and we'll Beat it...
GUARANTEED!

UNLIMITED

Calling to

INDIA

(From Your Home or EVEN
from your CELL PHONE)

only
\$29.95
/month

CUBA	89.9	INDIA	2.9	PAKISTAN	5.9	PHILIPPINES	11.9
------	------	-------	-----	----------	-----	-------------	------

	Afghanistan.....24.9 ¢		Fiji.....24.9 ¢
	Bangladesh.....3.9 ¢		Ghana.....9.9 ¢
	Barbados.....9.9 ¢		Greece.....2.9 ¢
	Chile.....2.9 ¢		Guatemala....10.9 ¢
	China.....2.9 ¢		Guyana.....27.9 ¢
	Ecuador.....12.9 ¢		Honduras.....15.9 ¢
	El Salvador.....9.9 ¢		Iraq.....4.9 ¢
	Jamaica.....8.9 ¢		Israel.....2.9 ¢
	Jordan.....3.9 ¢		Italy.....2.9 ¢
	Kenya.....6.9 ¢		Russia.....2.9 ¢
	Kuwait.....6.9 ¢		Saudi Arabia.....3.9 ¢
	Lebanon.....9.9 ¢		South Korea..2.9 ¢
	Libya.....24.9 ¢		Sri Lanka.....11.9 ¢
	Nepal.....7.9 ¢		Trinidad.....4.9 ¢
	Oman.....14.9 ¢		U.A.E.....16.9 ¢



Make Long Distance
and Overseas Calls
From Your
CELL PHONE!

(at our GUARANTEED
LOWEST RATES!)



UNLIMITED

Calling to Anywhere in

CANADA

From your Home
or Cell Phone!

\$5
/month

613-216-6100

comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate more than 3¢/minute for internet services, bundled corporate plans or personal calling cards due to their inexactitude billing criteria. 2.9 ¢/min to India is based on a monthly plan of \$10/month for 335 minutes. Unused minutes do not roll over to the following month. Rate Guarantee is based on competitors' lowest advertised rate for like services. Unlimited plan is \$29.95 per month. Bundled Corporate plan is \$10/month. Minimum term is 12 months. Comwave Global Bundle plan is \$10/month for 335 minutes. 30 day cancellation notice is required. You may cancel at any time. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. The Comwave Global Bundle does not include calls to overseas mobile phones. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paulo. Calls to Overseas Mobile Phones may be billed at a higher rate.

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Tips for self-employed

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

No more pencils, no more books, no more bosses' dirty looks. You are self-employed. Out of the rat race.

OK, so the reality is you've been downsized, given a package or just plain canned. Such is the way of life when unemployment creeps toward 10 per cent and companies prune everything possible to fatten their bottom line.

But if you go about it the right way, self-employment can be a satisfying and profitable experience.

Here are four steps to success:

1 Have a financial plan: Determine your absolute

minimum personal and business expenses. This is the monthly nut you must come up with in order to keep the lights on, the car in the driveway, kids in daycare and food in everyone's belly. Add in known business expenses such as a bigger cellphone bill, paper, postage, etc.

2 Know where your cash flow is coming from: Where is the revenue and when will it arrive? Even if you have steady work lined up, it may be 30 to 90 days before invoices are paid. Can you draw on savings or a low interest line of credit should you be caught short?

If you are still employed get a credit line approved before you are pink-slipped. These days it is difficult for the self-employed to get credit, especially when you are starting out.

3 Be disciplined: Have a routine that includes everything from answering emails to chasing new business. You won't always be able to follow it but



Being self-employed means being prepared for days when you'd kill for a bit of water cooler chat.

your daily or weekly plan provides a critical framework in the absence of bosses and colleagues.

Do a self-check at the end of the day for tasks accomplished and move the rest into the next day or week. This is one way to feel good about your progress during slow periods.

Be prepared for lonely times and for days when you'd kill for a bit of water

cooler chat.

4 Network like crazy: Join like-minded groups, attend seminars, stay in touch with former colleagues and volunteer in your community. Be patient because it can take time for such contacts to germinate.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Invest or pay down debt — that is the question

Investing

Allan Small

metronews.ca/investing

Looking back over the past two months I have noticed the amount of RRSP contributions have been less than previous years. Many advisers are blaming the economy but I think there is more to it than that.

Corporations and small businesses have not earned as much this past year as they once did, meaning management and employees did not receive bonuses. A lot of the bonus money in previous years went directly into RRSPs. In this way the slow economy has had a negative impact.

But perhaps more importantly, investors over the past few years have become very negative towards investing their hard-earned money. In 2008, they saw what a recession

can do to their portfolios. I believe that instead of trying to make an RRSP contribution this season, many chose to pay down debt such as lines of credit or mortgages instead.

I am a big proponent of paying down debt. However, individuals need to decide whether paying down their debt or investing that money into an RRSP is the right option. A big part of the decision is dependent upon the interest rate charged on the debt. If an investor could borrow

money at three or four per cent today through a mortgage or line of credit to hopefully make eight or 10 per cent, why wouldn't they do it? Interest rates are so low today, that it makes sense to invest rather than pay down debt.

I believe the markets are poised to have another positive year and those that can invest should look to profit from it.

Allan Small can be reached at asmall@dundeesecurities.com. The views expressed are not necessarily those of Dundee Securities.

6 ways to protect yourself from fraud

HEATHER BUCHAN
For Metro Canada

3 Always log directly on websites, rather than clicking on links you receive in emails, as those links could send you to bogus websites.

4 Never give details about your bank accounts or credit cards to anyone over the phone, by fax or by email unless you know and trust them.

5 If you're told you've won a prize or the lottery, but never entered the contest or lottery, don't agree to anything before checking with an independent source.

6 If you are ever unsure of a situation, you should contact the Competition Bureau, the RCMP, the Canadian Anti-Fraud Centre, the Better Business Bureau or the Charities Directorate of the Canada Revenue Agency.

For a list of seminars, go to <https://competitionbureau.gc.ca>.

Employment expenses

Money Matters

Henry Choo Chong

metronews.ca/moneymatters

Q My colleagues claim expenses and receive large tax refunds but I seem to be paying more income taxes year after year. What can I do to reduce my taxes?

— James

A Employees may deduct expenses if it is required under their employment agreement. A signed T2200 must be obtained from your employer. Some expenses that may be deducted are supplies, travelling cost, home office rent, and professional dues. Additionally, a commissioned salesperson can deduct meals and entertainment, and rental equipment costs.

Henry Choo Chong, CGA, can be reached at choochonghga@yahoo.ca.

www.pipsc.ca

For the Public Good

The Union of Public Service Professionals
Serving Canadians



PARK YOUR CHIP CARD HERE.

If you have a chip card, *insert it in the terminal first*. You'll avoid an unnecessary swipe of the card, and reduce the chance of fraud. If the terminal doesn't accept chip, you will be prompted to swipe your card. As part of Fraud Prevention Month, we remind you to always protect your PIN. In the unlikely event you do experience fraud, count on Total Loss Protection.*

So insert your chip, and pay easy.



Everyday Simply®

The Chicago Bears have waived former all-pro tackle Orlando Pace after one season in which he was limited to 11 games because of injuries. Chicago signed Pace last season as a free agent to help patch up a faulty offensive line, but the fading star didn't provide much help. **THE ASSOCIATED PRESS**

Pace cut by Bears

Sports



Penguins land Leopold

The Pittsburgh Penguins have acquired defenceman Jordan Leopold, left, in a deal with the Florida Panthers. Florida traded Leopold to Pittsburgh for a second-round pick in the 2010 NHL Entry Draft. Leopold has seven goals and 11 assists in 61 games for Florida this season.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOUILL@METRONEWS.CA

With Vancouver Games over, game on for NHL

Participation of league's players in future Olympics uncertain

A thrilling Olympic tournament capped with a golden goal.

Hockey was enjoying a sudden burst of popularity yesterday, a day after Sidney Crosby lifted Canada to a 3-2 overtime victory over the United States to win the gold medal at the Vancouver Games.

The ending could not have been better for the NHL, with the U.S. and Canada in the final and Crosby's Stanley Cup champion Penguins playing U.S. goalie Ryan Miller's Buffalo Sabres tonight, when most teams are back in action.

Yet the irony is that Crosby's wrister sliding under Miller might be the last Olympic memory the NHL can share.

The league has not yet agreed to stop the season again in four years to enable its players to participate in the 2014 Sochi Olympics. Two-time defending MVP Alex Ovechkin has already vowed that he will play in the Games in his host country regardless of what the NHL decides.

Debate continues to rage as to what effects — both positive and negative — taking a two-week break in the heart of the season has on the NHL. It all seems good when the Olympics are held in North America and its conducive time zones for television cover-



Buffalo Sabres goalie Patrick Lalime makes a save during practice in Buffalo yesterday. Lalime said he will play against the Pittsburgh Penguins tonight.

age of the Games, and when the gold medal game features a dream matchup.

But for every finish like this one, there is also the possibility Sweden and Finland could fight for gold on the last day, as was the case at the 2006 Turin Olympics. And next time out, the Games will be in a time zone that makes for weak television ratings in North America.

NBC said yesterday that Sunday's gold-medal game was the most-watched hockey game in 30 years, drawing an average viewer-



Alex Ovechkin more sanguine than his president, says Canada "deserved" to win Olympic gold. Scan this code for the story.

ship of 27.6 million. Not since the finals of the Americans' 1980 Miracle On Ice run, when the U.S. secured gold against Finland, had so many viewed a hockey game on American television (32.8 million).

Canada's latest golden victory was seen by 10.5 million more viewers than in 2002 when the Canadians topped the U.S. for gold at Salt Lake City — a 61 per cent increase.

Still, even as NHL commissioner Gary Bettman praised the Olympic tournament, there was no discussion of the future.

The NHL had one game scheduled last night in its return from the 14-day Olympic break — Detroit at Colorado — with a 12-game slate today.

THE CANADIAN PRESS

Sports in brief

DOME A study says it would be technically and economically feasible to build a domed stadium in downtown Regina, but that doesn't mean it's a done deal. The feasibility study says the facility would cost about \$386 million, although a fully retractable roof would add at least another \$45 million to the price tag.

NHL The St. Louis Blues have acquired goaltender Joe Fallon from the Chicago Blackhawks in exchange for goalie Hannu Toivonen and defenceman Danny Richmond. Fallon has played in 29 games this season in the American Hockey

League.

SOCCER A Paris Saint-Germain fan injured in a fight between rival factions of hooligans from the club was in a life-threatening condition yesterday, police said. The 38-year-old fan sustained a serious head injury ahead of Sunday's French league match between fierce rivals PSG and Marseille. Marseille went on to win the game 3-0.

BASEBALL The Missouri Senate wants to take away Mark McGwire's highway. A stretch of Interstate 70 in St. Louis was designated the Mark McGwire Highway in 1999, one year af-

ter the Cardinals slugger hit a then-record 70 home runs. But McGwire has now admitted he used steroids, and the state Senate voted unanimously yesterday to rename the section of interstate the Mark Twain Highway.

NBA The San Antonio Spurs have waived veteran forward Michael Finley after nearly five seasons. The Spurs said yesterday that Finley had asked to be released from his contract, which was in its final year. The 36-year-old saw his playing time cut drastically this season after being demoted to the bench.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Detroit at Colorado
TODAY'S GAMES
Montreal at Boston, 7 p.m.
Carolina at New York, 7 p.m.
Chicago at NY Islanders, 7 p.m.
Florida at Atlanta, 7 p.m.
Vancouver at Columbus, 7 p.m.
N.Y. Rangers at Ottawa, 7:30 p.m.
Buffalo at Pittsburgh, 7:30 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Edmonton at Nashville, 8 p.m.
Los Angeles at Dallas, 8:30 p.m.
St. Louis at Phoenix, 9 p.m.
New Jersey at San Jose, 10:30 p.m.

NBA

YESTERDAY'S RESULTS

Houston 116 Toronto 92
Atlanta 116 Chicago 92
Cleveland 124 New York 93
Dallas 89 Charlotte 84
Orlando 126 Philadelphia 105
Portland 103 Memphis 93
San Antonio 106 New Orleans 92
Denver at Phoenix
Utah at L.A. Clippers

Shaq likely done for rest of season

INJURY Cleveland Cavaliers centre Shaquille O'Neal had surgery on his injured right thumb yesterday and seems likely to miss the rest of the regular season.

If he gets back for the playoffs, though, O'Neal is promising to make up for his time out.

O'Neal will miss about eight weeks, the team said. He was examined Sunday by specialist Dr. Thomas Graham at the National Hand Center in Baltimore, who performed the surgery yesterday morning.

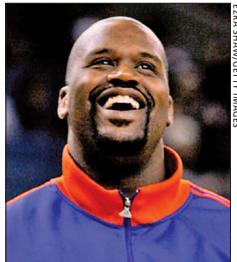
"He feels like he let us down, but we understand injuries happen in the game," said teammate Jamario Moon, who got a text from the star centre along with the other Cavs. "I think he's really down about being out ... He let us know it's time to continue playing basketball and he's going to be all right."

The recovery timeline means O'Neal, who turns 38 Saturday, may not be ready for the start of the playoffs April 17. The Cavaliers acquired him last summer with an eye toward the post-season, after Dwight Howard and Orlando eliminated them in the Eastern Conference finals.

Still, even as NHL commissioner Gary Bettman praised the Olympic tournament, there was no discussion of the future.

The NHL had one game scheduled last night in its return from the 14-day Olympic break — Detroit at Colorado — with a 12-game slate today.

THE CANADIAN PRESS



Shaquille O'Neal is likely to miss the rest of the season.

yesterday against the Knicks, leading Orlando by six games for the best record in the East. Should the Cavaliers and Magic retain the top two seeds, they wouldn't meet until the Eastern Conference finals, which begin in mid-May.

"Will be out for a min but when I return it is on," O'Neal posted on his Twitter account yesterday morning. "Win da ring for da king! Luv da team, Cavs baby!"

O'Neal has played well for the Cavaliers, averaging 12 points and 6.7 rebounds in 53 games. He injured the thumb Thursday at Boston when his shot was blocked by Glen (Big Baby) Davis with just more than seven minutes left in the first half.

THE ASSOCIATED PRESS

A-Rod to be questioned in probe of Canadian doctor

DRUG Yankees star Alex Rodriguez has been contacted by federal investigators regarding a Canadian doctor accused of selling an unapproved drug.

Rodriguez said yesterday he was "aware" of the investigation and plans on co-operating with government officials who are looking into Dr. Anthony Galea. Rodriguez said a date for an interview has not been set.

"I can't really get into that," Rodriguez said. "I have to speak to those guys first. I've just got to wait for instructions."

Galea is facing four charges in Canada related to the drug known as Acetaminophen, which is extracted from calf's blood and used for healing. His assistant also has been charged in

the U.S. for having HGH and another drug while crossing the border in September.

A-Rod said the probe won't have an effect on him because "this is about someone else." He declined comment when asked if he has even been treated by Galea.

"I'm focused on baseball," Rodriguez said.

New York general Brian Cashman was informed of the situation yesterday, and added that he has not been told about any other Yankees players being involved.

"Not aware of any," Cashman said.

The Yankees released a statement saying they had not been contacted about the matter.

THE ASSOCIATED PRESS

SPECIAL FOCUS ON:

Spring into a new you

13

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Boot it up and head outside

CELIA MILNE
for Metro Canada

Need to get rid of winter belly fat? Eating well is key, but so is exercise.

The best prescription, according to two fitness experts, is to get outside and walk, run, or play. After you've done some cardio, focus on your tummy. Crunches (sit-ups) are out, says Shawna Kaminski, a certified boot camp instructor in Calgary. The plank is in.

The plank, which is done in a position similar to a push-up, except the elbows and lower arms are on the floor, targets the abdominal area and is much safer and easier to learn than crunches. "Hold the posi-



Beige may be the new black, but the plank is the new sit-up.

tion for as long as you can. As you get stronger, hold it for longer periods," says Kaminski. "You'll have a stronger, flatter tummy."

The bonus: Having a strong core will reduce back aches and improve posture.

Another amazing exercise, which can be done anywhere, anytime, is the good, old-fashioned push-up.

"There is nothing new or glamorous about doing push-ups, but they work!" says Kaminski, who has

"You don't need a lot of fancy equipment to exercise outdoors. Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing."

been a physical education teacher for 20 years, as well as a national competitor in swimming and freestyle skiing, a bodybuilder, and a certified adventure boot camp instructor (calgaryNWBootCamp.com).

Push-ups work muscles of the upper body such as

couveroutdoorfitness.ca).

You don't need a lot of fancy equipment to exercise outdoors, says Kaminski.

Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing.

"You are only limited by your imagination. How long has it been since you tried the monkey bars? You'll have new respect for children once you try this challenging upper body exercise," she says.

Aim for losing weight slowly: One or two pounds a week.

"If you have a lot of weight to lose, plan on attending boot camp or some other exercise regime long term," advises Kaminski.

Sweating it out together

The J Spot

Josey
Vogels

metronews.ca/thejspot

"Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together."

etting on the same fitness page as your partner can be tricky. You've vowed to love each other in sickness and in health.

But when your idea of health is getting to the gym five days a week and eating a diet of fresh veggies and lean protein while your partner's idea of living healthy is not to "biggie" their fries, it can cause friction in the relationship.

With Olympic Fever still in the air and Spring Fever right around the corner, it's the perfect opportunity to try and get your fitness goals in sync.

Of course, "Honey, get your fat butt off the couch and come to the gym with me," is not likely to motivate your partner. In fact, the word "fat" should never be uttered according to Tina Tessina in an article on thatsfit.com. Tessina, a psychotherapist and author of *How to Be Free and Still Be a Couple* says the best way to raise the weight issue is

to approach it from a health perspective. Instead of telling your partner they've gained weight (duh, honey, really?), gently bring up the topic by saying, "I want you to be around for a long time and I'm worried about your health."

Yeah, I know, they'll know you're just finding a nice way to say they've packed on a few, but it may make them more open to doing something about it if you're at least nice and supportive about it.

Nagging your partner or criticizing them will only send them straight for the nearest bag of potato chips. Instead, influence by example. Prepare healthy snacks for yourself and keep healthy snack options in the house.

Rather than radically changing your diet and eliminating all your partner's favourite foods, make subtle changes. Switch out the hamburger for ground turkey in the chili, for example. Go grocery shop-

ping together so you're both involved in meal planning and food choices. Also, while not exactly a candlelit dinner, it's still an opportunity to spend some time together.

Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together. Just make sure the activity is something you both like. If you're a gym bunny but your partner would rather eat glass than get on a treadmill, find activities you'd both enjoy, like bike riding, hiking or, I don't know, nude mud wrestling.

Hey, don't laugh. Regular exercise may make you want to get naked with each other on a more regular basis. Studies show that people that exercise regularly feel better about themselves, perceive they are more sexually desirable and experience greater levels of sexual satisfaction.

So, if you've run out of ways to motivate your partner to get healthy

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

ADVERTISING FEATURE YOUR DENTAL HEALTH

OPEN
EVENINGS &
SATURDAYS



NEW
PATIENTS
WELCOME

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

NOT ALL WHITE TEETH ARE GOOD



Dr. Peter Georgopoulos
Dental Surgeon

In helping you to take care of your teeth, we, as dentists, work hard to ensure you have a nice, bright, white smile. It is important from a cosmetic standpoint. More importantly, it is also important from a health standpoint. The reality is that people with attractive, strong, healthy white teeth are more likely to be in good health overall.

It is important to understand, however, that not all "white" teeth is a good thing. One thing you should always remain aware of is whether your teeth have developed white spots or lesions.

It is not always easy to determine why someone might develop white spots. It could be a matter of genetics. Nutritional deficiencies, such as a lack of calcium, may also be a contributing factor. Excessive amounts of fluoride, usually a result of high levels in drinking water, may result in a condition known as fluorosis, which can result in spotting.

Of course, poor oral health care practices can be the cause of these lesions. If plaque is allowed to build up, the acid associated with such plaque may be causing the teeth to deteriorate. In these cases, the white spots may be the first visible signs of decay and a sign that some form of restorative work may be necessary.

If you have a youngster with braces, you should be particularly cognizant of white spots. It is not always easy to properly clean the teeth around the braces. This can result in a plaque developing and the acid associated with that plaque could lead to some decay.

It is not always easy to determine the ideal treatment for white spots simply because it may not be possible to pinpoint the cause of the problem. The first factor we like to eliminate is that the spotting is not the result of decay. If decay is, in fact, the culprit, fillings may be necessary.

We are also quite concerned if the problem is lack of appropriate nutrition.

Not only are we concerned for your teeth. The truth is that white spots are the tip of the iceberg. Poor nutrition may be just the tip of the iceberg. Poor nutrition will likely mean there are other health concerns that may need to be addressed.

If the problem is more cosmetic in nature, treatment options will vary depending upon the severity of the spotting. Bonding material may be sufficient in some cases. More severe instances may require the use of veneers or crowns.

The key is to talk to your dentist if you notice white spots on the teeth. As much as we love our teeth to be white, it is a consistent, healthy white tooth that we are looking for. White spots, on the other hand, are something your oral health care needs will demand attention...because dealing with white lesions is a healthy habit...and healthy habits lead to healthy lives.

Dr. Peter Georgopoulos
Dental Surgeon

Tonic for the mind and body

CELIA MILNE
for Metro Canada



There's a new workout in town.

Gyrotonic, which is inspired by swimming, tai chi, yoga and dance, involves graceful movements done on wood-framed equipment.

Like yoga, it takes a while to learn properly, but once you get it, it is an amazing workout that will leave you sweaty and out of breath but calm.

The goal of Gyrotonic, which is very new in Canada, is to build strength and coordination, says Crispin Redhead, a trainer and for-



Gyrotonic apparatus helps to build muscle and enhance coordination.

mer dancer who runs Gyrotonic Toronto.

The exercises are designed to increase the space between the vertebrae by moving several parts of the body simultaneously. The movements are fluid and somewhat

unconventional — twists, bends, spirals and stretches.

They were developed by former dancer Julie Horvath in the 1960s. Redhead learned the techniques in New York City and brought the machines and the discipline to Toronto.

Redhead has clients from age 14 to age 84. They include athletes looking for a balanced workout, professional dancers who want to improve their performance, as well as regular folks toning muscles or rehabilitating an injury.

Sessions are one-on-one and customized to suit individual strengths and problem areas. For more information, visit crispin.ca

tab **The Amazing Bra**
Personalized Custom Fitted Bras
Where health, comfort and beauty matter most!

• optimal support for all types of figures
• increased circulation for healthy breast tissue
• helps with posture correction and back pain
• no bounce for sports and exercise
• compliant for nursing / mastectomy / lumpectomy
• no wires, no elastic, no digging straps

Comfy Posture Solutions 613-521-9100
For more details visit www.comfyposturesolutions.com

85% of women are wearing the wrong size bra. **Are you?**



“ During the program, I felt less hunger before dinner and fewer cravings for snacks and sweets between meals. I am now more relaxed and enjoy a deeper sleep. I also lost two pounds in one week. ”

Steven O.

Make spring time check up time

Use it to ask a medical expert all your lingering health questions

CELIA MILNE
for Metro Canada



Whether you are young or old, male or female, spring is a great time for your annual checkup.

For one thing, it helps build a relationship with your physician. The tests that a doctor does at an annual checkup are tried and tested.

They help prevent problems from occurring, or catch them early on.

“Your doctor can check if your weight, cholesterol and blood pressure are higher than is healthy.”

Your doctor can check if your weight, cholesterol and blood pressure are higher than is healthy.

He or she can advise you on necessary or optional

vaccines, let you know if you are deficient in vitamins and minerals, and screen you for signs of cancer.

If you don't have a doctor, check with friends, family, coworkers, or people you know through sports and clubs.

Ask your local pharmacist. You can check your provincial College of Physicians and Surgeons. For a national list, go to cfpc.ca/English/cfpc/chapters/cps/

Three fun fitness iPod applications

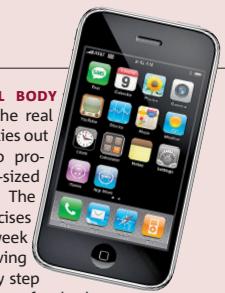
Metro World News

• **HUNDRED PUSHUPS** A popular iPhone app that helps planning and reminding users to do the daily push-ups. The app keeps track of days and weeks and adjust the program to your current "exhaustion" level.

• **RUNKEEPER** One of the most popular aerobic exercise tracking apps was also one of the first. RunKeeper tracks duration, distance, speed and pace (and more) and helps motivating users to continue pushing further.

• IPUMP TOTAL BODY

This one is for the real testosterone junkies out there, aiming to provide a pocket-sized personal trainer. The app breaks exercises down into four-week training cycles giving instructions every step of the way to that perfect body.



Whole Body Revitalization The 7-Day Purification Kit



Bev Maya
Medical Herbalist

Today, our health is challenged by pollutants, pesticides, food preservatives and poor eating habits. Our elimination systems simply cannot keep up. Over time, toxic build-up in our bodies may lead to serious ailments, but a growing number of health-conscious consumers have found an effective way to purify and revitalize their bodies.

Flor•Essence® Herbal Tea Blend strengthens key organ function while aiding blood circulation to build up the immune system by enabling the body to remove toxins at a higher

efficiency than it would on its own. This remarkable tea facilitates the removal of waste through the elimination organs, resulting in less gas, bloating and indigestion.

Now, for the first time, Flora Manufacturing & Distribution has combined the whole-body cleanse of Flor•Essence® with two companion products, Pro•Essence® vegetarian capsules and Floralax® II powder.

Rene Caisse, an Ontario nurse was responsible for deriving Flor•Essence® and Pro•Essence® from traditional Ojibwa herbal remedies and bringing these formulations into widespread use with the help of Dr. Charles Brusch (personal physician to President

John F. Kennedy), Vancouver broadcaster Elaine Alexander, and Thomas Greither, President of Flora.

With the new 7-Day Purification Kit, it is possible to invigorate the digestive system at the cellular level with Flor•Essence® tea, while cleansing the kidneys with Pro•Essence® urinary tract support formula and cleansing the colon with Floralax® II, a natural source of oat bran, flax seeds and psyllium husks, which absorb intestinal toxins and lower blood cholesterol levels.

The Flor•Essence® 7-Day Purification program is a safe and effective way to allow our bodies to absorb more nutrients from the foods we eat. This powerful yet

gentle program works to accelerate the removal of toxins from the body and reduce the potential for serious illness caused by free radicals in our digestive and circulatory systems.

Plenty of water (at least 8–10 eight ounce glasses per day) must accompany the program to help flush out toxins and waste. For best results, it is important to get proper rest and engage in some activity that stimulates circulation, perspiration and deep breathing. For optimal health, eat a nutritious diet that includes leafy greens, bright vegetables, fruits, berries, seeds and nuts.

Available at
Health Food stores

Market Organics
126 York St • 613.241.6629

Natural Food Pantry
Westgate Plaza • 613.728.1255
Billings Bridge • 613.737.9330
442 Hazeldean Rd • 613.836.3669

Natures Care
202 Bank St • 613.234.4595

Pantry Plus
2433 Boulevard St-Joseph
613.830.5790

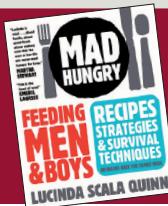
Pura Vida Nutrition Store
267 Stewart St, Renfrew
613.433.9437



"Fat Doug" hamburger wins

Food Network Iron Chef Michael Symon's "Fat Doug" hamburger was recently named top burger at the South Beach Wine and Food Festival. It was a beef patty topped with pastrami, Swiss cheese and coleslaw on a brioche bun. **THE ASSOCIATED PRESS**

Food



EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A dish for any crowd

Serving dinner to mixed company — vegetarians and meat eaters, that is — can be a tricky affair. Hearty pasta dishes are your easiest path to culinary harmony.

Bow-tie pasta with rapini and chickpeas is a fine option for several reasons.

First, the rapini (also called broccoli raab, a pungent relative to broccoli) gives the dish an assertive, complex flavour that will please varied palates. The chickpeas also provide a meaty texture, as well as satisfying protein.

And if your heart's set on putting some meat in the dish, sweet or hot Italian sausage makes a tasty addition. Or a little cooked bacon crumbled over the top is nice, too.

Consider serving this pasta with some crusty bread and a salad dressed with a tart vinaigrette to balance the bold flavours of the dish.

Bow-Tie Pasta with Rapini and Chickpeas

MAKES 4 SERVINGS

INGREDIENTS:

- 1 kg (2 lb) rapini (broccoli raab)
- 250 g (8 oz) bow-tie pasta (farfalle)
- 30 ml (2 tbsp) extra-virgin olive oil
- 3 cloves garlic, minced
- 1 ml (1/4 tsp) red pepper flakes
- 1 can (398 ml/14 oz) chickpeas, drained and rinsed
- 15 ml (1 Tbsp) lemon juice
- Salt and ground black pepper, to taste
- 50 ml (1/4 cup) grated Parmesan cheese, or to taste



Above: Bow-Tie Pasta with Rapini and Chickpeas. Above, right: Peanut Toffee Pie.

METHOD:

1. Bring a large pot of salted water to a boil.
2. Trim and discard stem ends, yellowed leaves and any stems thicker than 0.75
3. Add rapini to boiling water (in batches if necessary) and cook until tender, about 2 minutes. Using a large slotted spoon, transfer rapini to a colander to drain, using spoon to press out any excess liquid. Leave pot of water over heat.
4. Add pasta to boiling water and cook according to package instructions.
5. Meanwhile, in a large skillet over medium-low, heat oil. Add garlic and

cm (1/3 inch) from rapini. Chop coarsely.

6. Drain pasta and transfer to a serving bowl. Add rapini mixture and Parmesan cheese, then toss to combine. Serve with extra grated Parmesan for topping, if desired.

THE ASSOCIATED PRESS

cook, stirring constantly, for 90 seconds. Add red pepper flakes and cook, stirring constantly, for 30 seconds. Add chickpeas, lemon juice and drained rapini. Stir until well combined and heated through. Season with salt and pepper.

7. Drain pasta and transfer to a serving bowl. Add rapini mixture and Parmesan cheese, then toss to combine. Serve with extra grated Parmesan for topping, if desired.

INGLORIOUS BASTER-

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Food in brief

COOKING TIPS Here are some tips to help get kids become familiar with the kitchen and cooking:

- Before starting, take children on a "safety tour" of the kitchen to explain to them what they can't touch.
- Store some of the ingredients your kids are most likely to use

on lower shelves in the fridge and cupboards.

- Teach little chefs to wash their hands before and after meal prep and during the process.
- Spills must be cleaned up, especially if they are on the floor and present the danger of slipping and falling.

THE CANADIAN PRESS

The way to a man's heart...

Lucinda Scala Quinn is a devoted cook who believes that the way to her four males' hearts and stomachs is to provide them with homemade meals. So the vice-president and editorial director of food and entertaining for Martha Stewart Omnimedia is sharing her strategies and recipes in her fourth cookbook, *Mad Hungry: Feeding Men & Boys* (Artisan, \$39.95). She also provides survival techniques for bringing back the family meal.

THE CANADIAN PRESS

LiquidAssets

Peter Rockwell



metronews.ca/liquidassets

The 81st Annual Academy Awards

DS: All the Nazi scalping fun takes place in France so I'm sure the boys would have enjoyed a mug of French lager like the creamy **Kronenbourg 1664** (\$2.60 - \$2.99).

DISTRICT 9: The South African location for this brilliant piece of sci-fi makes methink wine and a glass of **Two Oceans Shiraz** (\$9.95 - \$12.49).

THE HURT LOCKER: This explosive pic has a lock on Oscar. Celebrate with a **Jäger Bomb** made by mixing a can of Red Bull and an ounce of **Jägermeister** (\$28.95 - \$33.95).



Lose the salt without losing the taste.

Call a Registered Dietitian for free healthy eating tips.

EatRight Ontario 1-877-510-510-2



ontario.ca/eatright



Paid for by the Government of Ontario

Roger Ebert, who lost the ability to speak after a series of cancer-related surgeries, is now able to "talk" again using a computer voice simulator he designed which will allow him to regain his "voice." He plans to debut "Roger Jr." on today's Oprah Winfrey Show. ew.com

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Last chance for Death Row

Canadian-run Gangsta rap label mired in controversy

The Audio Files



Bryan
Borzykowski

metronews.ca/music

It won't come as a surprise for you to know that I've never been to a Death Row Records party, but I can imagine what it would have been like. The venerable rap label, started by endlessly incarcerated Suge Knight and hip-hop legend Dr. Dre, played a major role, if not the biggest part, in gangsta rap's popularity. It's no secret that guns, drugs and dubious characters played a

big role in the label's success — and downfall — so a night out with the likes of Tupac, Snoop and Knight would have been wild to say the least.

It should be a different story tonight, when Death Row's new parent company, Toronto-based WIDEawake Entertainment, unveils its new 6,000-square-foot multi-media studio. There will likely be no old Death Row artists, corrupt cops, or former inmates at this shindig, only lawyers, media and business types.

The new Death Row, run by Lara Lavi, a self-proclaimed Jewish soccer mom, is about as far from gangsta as the label can get. It's still mired in controversy, but it's more of the



Death Row Records, which was started by Suge Knight, above, and hip-hop legend Dr. Dre is now in Canadian hands.

white-collar variety (Lavi's suing WIDEawake for trying to dump her, Dre is suing Death Row for re-issuing The Chronic without his permission). Still, former Death Row engineer and now label president John Payne, said, in an interview with 411mania.com, he

hopes to put out new hip-hop music and continue to release songs from its back catalogue. But, I have to ask, what's the point? Names like Tupac Shakur and Snoop Dogg are still big money makers, and the label's publishing assets are in the millions,

"I don't know if there will ever be the same street appeal for that label again." Jake Brown

but without the violence, drugs and the controversial leader, the Death Row brand isn't nearly as strong as it once was.

"I don't know if there will ever be the same street appeal for that label again," says Jake Brown, author of The Rise and Fall of Death Row Records.

Brown adds that even the label's hope that rap fans will keep coming to the Tupac well over and over again may be misguided. "Most of those masters have either been repackaged or remixed," he says. "And Tupac fans, who have been an extraordinarily loyal consumer base, already

bought those records."

The only way the label can rise from the ashes and regain its cred is by installing a name figurehead as president — like Priority Records did when it made Snoop Dogg its "creative chairman."

It also needs to sort out its legal issues, something it may be able to do better than Knight. But with a rising debt of about \$25 million, WIDEawake could sell the label before it really gets off the ground.

Whatever happens to this once powerful music machine, Brown says Knight let go of the label a long time ago. "He's over all of it," says the author. "The guy's seen so much in life that nothing shocks him."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic



JOHN D. QUOC DTCM, C.A.C., D.A.C., B.Sc., B.P.H., D.N., D.O.
• Over 30 years clinical experience & research • Disposable Needles
Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massotherapist
Former Professor at Saigon Medicine/Pharmacy University, Vietnam

FREE CONSULTATION

RECOMMENDED FOR:

Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, Fibromyalgia, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, Migraine, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, Back Pain, Stroke, Heart Problems, Impotence, Menopausal Syndrome, Depression...etc.

Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750

Plex brings aboriginal voice to hip hop

BRIAN TOWIE
Metro Canada

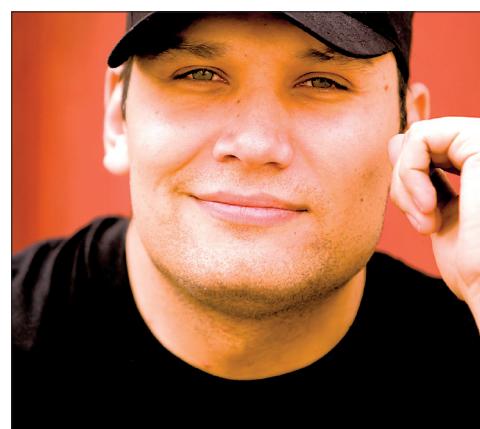


Plex wants to live in a country that trades on multiculturalism to pay more attention to the plight of its Native communities.

The Edmonton-born, Toronto-based MC and founding member of hip-hop collective Won 18 (and brand new dad) delivers that message on his solo debut Brainstorm. The collaborative, eclectic and always confident grassroots collection range from relaxed to raging, taking aim at the rough lives of Native peoples and a public that does not to see it.

Call hip hop the perfect medium to give the voiceless a way to say something, argues Plex (a.k.a. Doug Bedard, the son of an Ojibwa mother and Ukrainian-Romanian father).

"A lot of aboriginal people, especially in Canada, grew up in low-income areas," says Plex. "A lot of hip hop was based on that, especially in the poorer areas of New York. It's relatable for us. It's changed a lot over the years and become a lot more sugar-coated, but I think people are still



Brainstorm is the solo debut album from Alberta artist Plex.

"A lot of aboriginal people, especially in Canada, grew up in low-income areas. A lot of hip hop was based on that ... It's relatable for us." Plex

grassroots rappers with his music label New Leaf Entertainment, and encourage aboriginal culture into mainstream circles with The Plex Show — an Aboriginal Voices Radio program profiling indigenous talent that airs across Canada on Friday nights. It's about breaking down the barriers between cultures, he argues, something Canadians need to do if we're going to call ourselves truly multicultural.

"Growing up, there was that separation. We were always pushed to one side," he says. "It always made me feel awkward and ashamed about it. But we shouldn't feel like that. What has been happening is good, but we're only beginning to fine-tune that stuff."

looking for something that actually says something."

Well, somebody's got to, especially when discussing the impact of oil sands in northern Alberta on Native peoples, a subject near and dear to Plex's heart. As a former insulator on a rig, he says he saw first-hand the environmental and social devastation they brought. Not so easy to find people who will listen, however, when the province depends on the money flowing out of them.

"I don't think it serves the media any good to push it that much, especially in a province where the oil industry controls so much," he says. "But the devastation is across the board. People are getting sick. A place like Fort Chipewyan; people have been living there for generations and they're getting these weird cancers that only one in a million people get and you get several cases in one small region."

In the meantime, Plex will continue to foster

The Ottawa Wedding Show! Salon du Mariage d'Ottawa™

Lansdowne Park

March 6 & 7

Saturday & Sunday 10-5

- Ottawa's top wedding suppliers
- Fashion Shows 12:30 & 3:30
- Wedding Planning
- Seminars - 11:30 & 2:30
- Super Gown Sale
- Prizes, freebies & more!

FREE ENTRY!



OttawaWeddingShow.com

Glee on the road

The stars of Fox's hit series *Glee* are hitting the road for live shows, the network announced yesterday. The cast of the Golden Globe-winning comedy will perform in the four-city tour titled *Glee Live! In Concert* beginning May 18 in Phoenix. TVGUIDE.COM

Good Wife, good TV

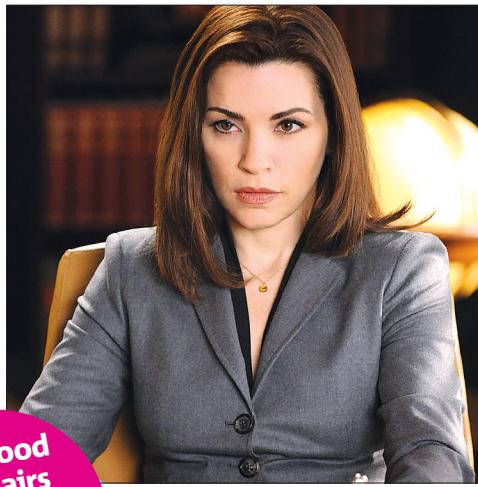
Successful CBS series returns for second season

Had The Good Wife not succeeded in its first season on CBS, creators Robert and Michelle King would have been happy to let the final scene of their 13th episode stand as the series finale.

The episode ended with a knock on the door, as the wayward husband portrayed by Chris Noth returns home from jail and greets his wronged wife Alicia, played by series star Julianna Margulies.

Instead, the scene is the starting point for the rest of the series' life, beginning today at 10 p.m. Disgraced Chicago politician Peter Florrick is under house arrest, trapped among a family changed because of his infidelities and not really sure if it wants him back.

The Good Wife has been a strong performer for CBS, nestled into a popular Tuesday lineup with the



Julianna Margulies stars in *The Good Wife*.

The Good Wife airs today on Global and CBS

NCIS franchise, and the Kings know it will be on at least through next season and probably beyond. A scripted hybrid — part procedural and part an ongoing rumination on a

damaged public marriage — the series has been a star turn for Margulies.

"You would never have wanted to end it where it would be such a conclusion that everyone's satisfied, because that's not Alicia's life," said Robert King, one

half of the husband-and-wife team that produces the series. "Alicia's life is filled with questions."

Among the upcoming questions: Will Peter be able to handle house arrest without going crazy? How does Alicia deal with a law firm that becomes increasingly ethics-challenged to survive? And is the law school buddy who gave her a chance to work more than just a buddy?

The Kings' inspiration for *The Good Wife* is obvious — the Spitzers, the McGreaveys, the Clintons and all those other marriages turned upside down by a politician's bad private behaviour.

In all these scandals, the Kings were more interested in the characters at the edge of the screen — the wives — and thought they offered fertile ground.

"Those women were a heck of a lot more interesting than the men who were cheating on them," Michelle King said.

THE ASSOCIATED PRESS

DVD picks



Where The Wild Things Are

Directors: Spike Jonze

THE KEY TO appreciating Spike Jonze's imperfectly perfect screen adaptation of the classic bedtime story is in this director's statement: "I didn't set out to make a children's movie; I set out to make a movie about childhood."

What Jonze and screenwriter Dave Eggers have wrought in adapting Maurice Sendak's 1963 picture book perennial is something so primal, and so in touch with the rough "id" of youthful fantasy, it would be easy to dismiss as a simple kid's story.

That's true even though it's about a kid: boisterous nine-year-old Max, who is resisting maturity. He just wants to have a "wild rumpus" with his strange new woodland pals, who have crowned him king of their dusty jungle. Reality can wait, if only for a moment.

Where the Wild Things Are uses puppets instead of computers (although CGI rendering was needed for facial expressions), a sailboat instead of a rocket ship and dirt clods instead of guns or bombs. The giant forest creatures voiced by James Gandolfini, Catherine O'Hara, Lauren Ambrose, Chris Cooper, Forest Whitaker and Paul Dano are so handmade and primal, they come as a shock to the system.

Extra include four "Webisodes" of background material; the Blu-ray version has eight Webisodes, plus the short film Higglety Pigglety Pop!, featuring the voices of Meryl Streep and Forest Whitaker.

Peter Howell/for Metro Canada

Polytechnique leads Genie nominations

AWARDS Polytechnique, Denis Villeneuve's big-screen take on the 1989 Montreal massacre, has nabbed a leading 11 Genie nominations. The awards celebrate the best in Canadian film.

Nurse.Fighter.Boy, director Charles Officer's urban tale of a single mother and her son, landed 10 nominations while the Inuit survival story *Before Tomorrow* — from codirectors Marie-Helene Cousineau and Madeline Piujuq Ivalu — snagged nine. The Academy of Canadian Cinema & Television revealed the nominees at a news conference yesterday. This year's show will be held in Toronto on April 12.

THE CANADIAN PRESS

Kenya's Style

Kenya Hunt



Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

prime time

dt	Vu	Sc	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/2/10	265	353	2	TVO	Blue Realm	The Agenda With Steve Paikin	Father & Son (N)	The Cosmos	The Cosmos	Agenda-Paikin		
	211	331	3	GTV	Entertainment	ET Canada	NCIS: Mother's Day (N)	NCIS: Los Angeles (N)	The Good Wife "Bang"	News Hour		
-	-	5	SRC	Virginie (SC)	La Faute	Provvidence (HDTV) (SC)	Trauma "Foi et néant" (SC)	Le Téléjournal Nouvelles. (SC)	TJ Ontario			
209	342	6	CHRO	Degrassi: Next!	TMZ (N)	Lost "Lighthouse"	Swarmed (2005, Suspense) Michael Shanks Carol Alt	Shanked (N)	Comedy Now			
196	311	7	CTV	Lost "Sundown" (N)		American Idol The top 10 female semifinalists perform.		Law & Order: Special Victims	CTV News			
208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer 22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National	The Hour		
-	360	9	ABC	Wheel Fortune	Jeopardy! (N)	The Biggest Loser (N)		Parenthood "Pilot" (N)	News			
117	713	10	TVA	La Fête de la danse (SC)	Rock et Rol	Caméra Café	La Promesse (HDTV) (N) (SC)	TVA nouvelles	(10:45) Denis Lévesque			
-	-	11	OS	Roxo (SC)	CSI: NY (SC)	Flashpoint (SC)	Betty ** (1992, Drame) Marie Trintignant, Stéphane Audran.	L'Attaque à 5 (N)	À couper			
137	763	12	TFO	Panorama		Artisans du changement	Betty ** (1992, Drame) Marie Trintignant, Stéphane Audran.	Facteur				
-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS: Mother's Day (N)	NCIS: Los Angeles (N)	The Good Wife "Bang"	Two/Half Men			
216	395	14	MM2	Family Guy	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men "King"	Cold Case			
214	344	15	CITY	Law & Order: Special Victims	The Biggest Loser (N)	Omni News: Italian Edition (N)	Vivere V	Law & Order: Criminal Intent	Metropia			
115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)	Witness *** (1985, Crime Drama) Harrison Ford.	Law & Order: Criminal Intent	Metropia			
218	345	18	CHCH	Babe **** (1995, Drama) James Cromwell, Paul Gaddard	Entertainment	Lost "Lighthouse"	Lost "Sundown" (N)	20/20 (HDTV) (N)	News at 11 (N)			
502	396	26	NW	The Lang & O'Leary Exchange	Connect with Mark Kelley (N)	CBC News: The National	Larry King Live (N)	Anderson Cooper 360 (HDTV)				
500	500	33	CNN	Situation Room-Wol Blitzer	Campbell Brown (N)							
512	396	24	CPAC	(6:30) Dossier public	Heure polit.	L'Heure politique		Revue	Dossier public			
651	355	25	CTS	Little House on the Prairie	Dr. Quinn, Medicine Woman	100 Huntley Street		Life Today	This Is Day	John Hagee		
-	365	36	FOX	TMZ (N)	Seinfeld	American Idol The top 10 female semifinalists perform.		FOX 2 News (N)	News			
-	-	64	PSB	Business Rpt.	Help Wanted	NOVA (N) (DVS)	Frontline (N) (DVS)	Independent Lens (N)	Charlie Rose			
205	312	104	CTV	Lost "Sundown" (N)	American Idol The top 10 female semifinalists perform.			Law & Order: Special Victims	CTV News			
502	396	26	NW	The Lang & O'Leary Exchange	Connect with Mark Kelley (N)	CBC News: The National	CBC News: The fifth estate	CBC News	National			
500	500	33	CNN	Situation Room-Wol Blitzer	Campbell Brown (N)							
406	417	27	net	MMA Conn	NHL Hockey New York Rangers at Ottawa Senators. (HDTV) (Live)			Hockey Central Sportsnet Connected				
126	730	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)						
400	280	30	TSN	That's Hockey!	NHL Hockey Philadelphia Flyers at Tampa Bay Lightning. (HDTV) (Live)			RDI économie Le National Le Téléjournal				
410	403	52	SCR	Cabby Unlimt	Score Today	Court Surfing NBA news, scores and highlights.						
411	457	56	OLN	Ghost Hunters	Destination Truth	Oper. Repo	Oper. Repo	Ghost Hunters International	Destin. Truth			
554	544	48	TEL	Johnny Test	Total Drama	6TEEN	Futurama	Dangerous Drives (HDTV)	Pass Time			
557	540	51	FAM	Sonny Chance	Overruled!	Han. Montana	King of the Hill	Ned's School	Cory in House	That's-Raven		
551	542	65	YTV	iCarly	Scorpion	Wizards-Place	Latest Buzz	To Be Indie	Prank Patrol			
570	580	29	MM	The Daily Fix	Ranked!	Simple Rules What I Like	Family Biz	Hammertime	Gimme Sugar	Gene Simmons		
615	520	31	A&E	Criminal Minds (HDTV)	Criminal Minds "Lo-Fi"	Criminal Minds (HDTV)	CSI: Miami (HDTV)	CSI: Miami				
628	584	32	SPKE	UFC Unleashed (HDTV)	UFC Unleashed	UFC Unleashed	Blue Mountain	Players (N) "Unleashed				
521	560	34	TLC	Ultimate Cake Off	The Tiniest Girl in the World	19 Kids-Count	Little Parents	Little Parents	Tiniest Girl			
145	761	35	TV5	Zoom animal	Découvrir le monde	Partir autrement	ADN	Nouva	TV5 Le Journal			
616	521	36	SHO	Relic Hunter	Termination Point (2007, Suspense) Jason Priestley.			Drop Dead Diva (HDTV)	NCIS			
620	523	40	BVO	Mozart Decoded	Live at the Rehearsal Hall	The Susan Boyle Story	Paul Potts-Royal		Law & Order			
520	505	42	DIS	Digital Planet (N)	How It's Made	How It's Made	Destroyed	Swamp Loggers (N)	Daily Planet			
575	583	43	CMT	Amer. Funniest Home Videos	Reba	Reba	According-Jim	Home Improve.	Home Improve.	Tearjerker		
601	562	45	SLC	Rich Bride Poor Bride	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	ET Canada			
625	548	46	COM	Air Force	Corner Gas	Name is Earl	The Simpsons	South Park	Fit-Concordia	Awesome	Daily Show	
294	529	47	TBS	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims	Seinfeld	Name Is Earl	Good Will Hunt.		
600	564	49	H&G	House Hunters	Property Virgin	Million Dollar Listing	Bang, Buck	Genevieve	House Hunters	Holmes-Homes		
627	528	50	SPC	Stargate Atlantis (DVS)	Star Trek: Voyager	Medium (HDTV)		Fringe "Grey Matters"	InnerSpace (N)			
581	566	51	MTV	Peak Season	Cribs	Parent Control	16 and Pregnant	16 and Pregnant (N)	MTV Live			
618	524	54	TROP	Parking Wars	Parking Wars	Dog Whisperer	End of Leash	Last 10	Tube Tales			
522	506	55	HIS	Ancient Discoveries	Cities of the Underworld	Pawn Stars	Pawn Stars	Ancients Behaving Badly	Crime Stories			
129	773	60	CD	Biographies	Ondes de choc	Images-chocs	Gangland (HDTV) (SC)	Desti Expr				
261	394	61	V	Murder, She Wrote	May-December	When I Laugh	Quantum Leap	Unscripted (N) "Crazy for Love	PoIgergeist			
602	567	62	W	Supernanny	Shopping Bag	Grocery Bag	Beauty Call	How to Look Good Naked	Beauty Call			
269	350	70	APTN	Fish Out of Water	Cashing In	Rabbit Fall	Unscripted (N) "Crazy for Love	Unscripted (N) "Crazy for Love	PoIgergeist			
621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	The View (HDTV) (N)	The Dr. Oz Show (N)	TMZ			
603	561	95	FN	Ricardo	Exotic	Dinner: Impossible	Hell's Kitchen	Good Eats	Good Eats	Restaurant		

critics' corner

Kids in the Hall: Death Comes to Town

The plot thickens in the sixth installment of this comical murder mystery series. Questions arise about Crim's guilt when Shuckton is rocked by a second murder, and Ricky's investigation turns up not one but two shockers in the new episode "Cause of Death." 9 PM on 8 CBC



The Good Wife

Alicia and Diane need to get a wife to testify against her husband in a murder case, but that pesky spousal privilege thing is getting in the way. Speaking of spouses, Peter is back home, attempting to readjust and working on a comeback with his political team in the new episode "Bang." 10 PM on 13 CBS 3 GTV

Parenthood

Freely adapted and updated from the 1989 movie comedy of the same title, this new dramedy views family life as reflected by the colorful Braverman clan. In the series premiere, Sarah, a single mom, returns to Berkeley, Calif., to be closer to her family, while brother Adam learns that his son has Asperger's syndrome. 10 PM on 15 CITY 9 NBC



Simon Cowell's, left, makeup artist girlfriend, Mezghan Hussainy, stepped out in public for the first time sporting the whopping engagement ring the American Idol judge gave her after proposing, according to top Popeteer. **METRO WORLD NEWS**

Celebrity Buzz

Douglas admits he wasn't the best dad

LIKE FATHER, LIKE SON. With Cameron Douglas facing 10 years of jail time at his April 27 sentencing on a drug conviction, his father, Michael Douglas, is taking stock of his role in Cameron's upbringing — and sees parallels to his relationship with his own father, Kirk, people.com reports.

"My priorities were very similar (to my father's). Career first," Douglas tells *Vanity Fair's* April issue in describing Cameron's early years.

When Douglas and his first wife, Diandra Luker, split in

the 1990s, it left Cameron with a largely absent celebrity father — much the same situation that Michael endured when his parents divorced in the 1950s.

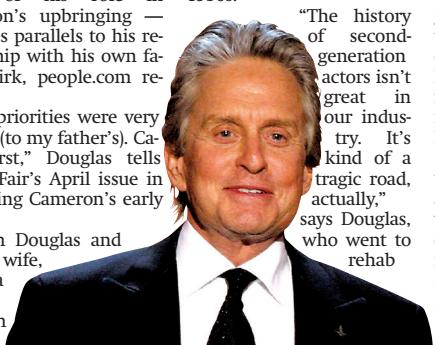
"The history of second-generation actors isn't great in our industry. It's kind of a tragic road, actually," says Douglas, who went to rehab

for alcohol problems in the early 1990s. It's a pattern that has continued with the third generation, as Cameron himself was once an aspiring actor.

Cameron, 31, pleaded guilty in January to distributing a large quantity of crystal meth. Michael, 65, has repeatedly put a brave face on how he's been dealing with his son's drug and legal problems.

"Anybody who has a relative or child in substance abuse has some idea of what this feels like. This is one of those worst-case scenarios," says the actor who stars in the upcoming *Wall Street: Money Never Sleeps*.

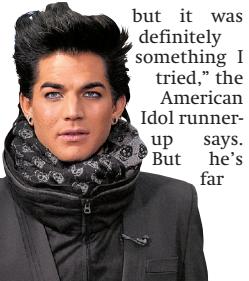
METRO NEWS SERVICES



Lambert says he has gone wild with drugs in the past

ALL'S FAIR IN LOVE AND ROCK AND ROLL Adam Lambert is coming clean about the wild life he used to live, telling *Britain's News of the World* that he "went wild" experimenting with drugs.

"It didn't get to the stage where it ruined my life or where it was anything too serious



but it was definitely something I tried," the American Idol runner-up says. But he's far

from repentant over his past indulgences.

"There are so many parents who are too conservative in America. There are certain drugs out there that are really fun and recreational and can mean a good time. I'm not an advocate for drugs, but it is all rock and roll and we are all adults."

METRO WORLD NEWS

She doesn't feel worthy

BUT I'M SURE WAYNE AND GARTH WOULD DISAGREE Anne Hathaway doesn't think she deserves her success, femalefirst.co.uk reports.

The 27-year-old actress believes she has been fortunate to land so many big roles, but admits she has often found herself out of her depth when working with



big Hollywood names. She said: "I owe so much of my career to luck. My mother always told me that luck is

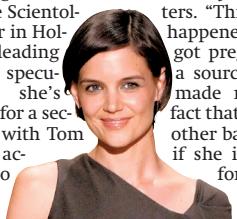
preparation meets opportunity and I've been given extraordinary opportunities to work with filmmakers long before I was talented enough and deserved to work with them. I've learned a lot from them. I just keep getting hired. I consider myself lucky and I don't know who is responsible for it."

METRO NEWS SERVICES

Holmes 'audit' claims lead to baby speculation

WILL SURI GET A SCIENTOLOGY-APPROVED SIBLING?

Katie Holmes is allegedly undergoing intense "auditing" at the Scientology Center in Hollywood, leading sources to speculate that she's preparing for a second child with Tom Cruise, according to *Page Six*.



Holmes has been reportedly spending up to four hours at a time in the high-security church headquarters. "This is exactly what happened just before she got pregnant with Suri," a source says. "Tom has made no secret of the fact that he would like another baby. It is almost as if she is being prepared for it."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

KEVIN SMITH is reeling from a call from Gov. Schwarzenegger, **JUSTIN BIEBER** can concentrate on more than one game at a time, **JESSICA SIMPSON** is offering free romantic advice, and **LILY ALLEN** is helping her pooh recuperate after a fight.



@ThatKevinSmith If you'd have told me that one day Arnold was gonna call me because I was fat, I would've been... well, scared. But he was really nice.

@justinbieber At the laker game with the hockey game on the tv screen. Today is a great sports day. Canada for the gold

@jessicasimpson You can't love someone else to change them. Happiness comes from accepting who they are. It is our decision to REALLY know who we love.

@lilyroseallen Mabel got beaten up by bigger dogs. She went to doggy hospital, but she's ok.



Jude finally meets daughter

AND HER FIRST WORDS WERE: CHILD SUPPORT

Jude Law met with Samantha Burke, the mother of his five-month-old daughter, for the first time since baby Sophia was born, according to *the Sun*. The two sat down in Miami with Law's lawyer to decide on



plans for how the actor should support the mother and child.

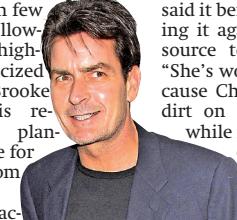
"Jude was very on edge about the meeting," a source says. "The pregnancy wasn't planned but he wants to do the right thing. It's not like he can hide. As soon as Sophia can use the Internet she can find out who her dad is."

METRO WORLD NEWS

Sheen off to splitsville: Report

THE REAL SHOCK IS THAT IT LASTED SO LONG

After a rough few months following their highly publicized row, Brooke Mueller is reportedly planning to file for divorce from Charlie Sheen, ac-



cording to *Radar Online*. "Brooke wants out. She's said it before and she's saying it again right now," a source tells the website. "She's worried though, because Charlie has a lot of dirt on her. Using drugs while raising children is obviously a horrible situation."

METRO WORLD NEWS

Tiger does sex rehab at home

WERE THE OTHER PATIENTS TOO DISTRACTING?

Tiger Woods is reportedly back in rehab for sex addiction, only it's not at the Pine Grove facility in Mississippi, where he had been reported to be staying, according to *Page Six*. Instead, the embattled golfer is receiving private treatment at a home in Cave Creek, Ariz.



And his wife, **Elin Nordegren**, has allegedly been there with him.

"Elin was with him, but she's heading back to Florida," a source says.

METRO WORLD NEWS

Well they both have long hair

GROHL'S BIOPIC PICK The proposed Kurt Cobain biopic will undoubtedly proceed without his blessing, but **Dave Grohl**, former Nirvana band mate and Foo Fighters frontman, is taking a stand when it comes to who should portray him, people.com reports.

"I don't know about anyone else, but I'm crossing my fingers that **Shelley Duvall** plays me," the musician deadpans to *People*.

METRO NEWS SERVICES



NEW!
Wind Energy
Technician
Program

OVER 110 YEARS OF TRUST!

Be a Willis Graduate... ...Don't compete with one!

Network Administrator - Network Systems Engineer - .NET Certified Technology Specialist

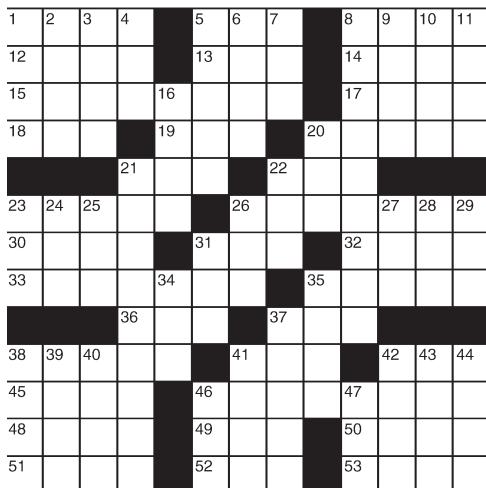
613-233-1128 • www.williscollege.com

Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie • Belleville

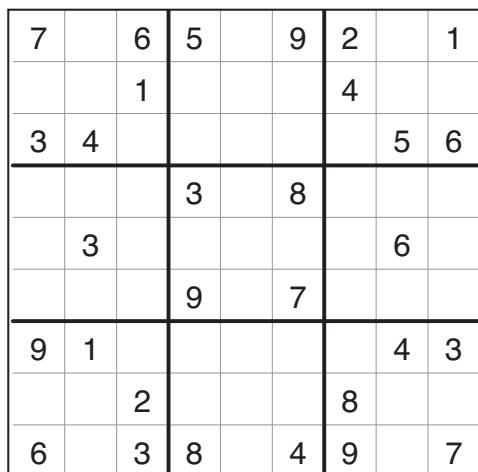


WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY

EST. 1896

For more delicious Metro recipes, visit: metronews.ca/food**Take Five****Sudoku**For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**ACROSS**

- 1 Just adorable
 5 Potential syrup
 8 Heavy reading
 12 Somewhere out there
 13 Big bother
 14 Suitable
 15 Highly rated
 17 Incite
 18 "Guinness Book" suffix
 19 URL ending, often
 20 Uncouth
 21 — Francisco
 22 Marshy area
 23 Playwright Chekhov
 26 Need
 30 Stead
 31 No mere mist
 32 Notion
 33 Panic-stricken
 35 Take for one's own
 36 Wall Street average
 37 Previous night
 38 Jazz style
 41 Grand —, N.S.
 42 Twosome

- 45 Beige
 46 Lasting 60 minutes
 48 Carpet type
 49 Dadaist
 pioneer
 50 Arab commander
 51 "Poppycock!"
 52 Still
 53 Townshend or Sampras

DOWN

- 1 Eater
 2 Roswell sightings
 3 Lacking slack
 4 Show fallibility
 5 Humpty Dumpty — a wall"
 6 Leading man?
 7 " — favor, señor"
 8 Sightseers' aide
 9 Gumbo ingredient
 10 Periodicals, briefly
 11 Spuds' buds
 16 Read bar codes

Metro Recipe of the Day**Greek Salad with Tahini Dressing****INGREDIENTS:**

- 7 oz (200 g) feta cheese
 1 small romaine lettuce, torn
 1/2 cucumber, halved lengthwise and sliced
 12 oz (375 g) large plum tomatoes, sliced
 1 small red onion, halved and thinly sliced
 20 pitted black olives
 4 tbsp (60 mL) extra virgin olive oil
 1 tbsp (15 mL) tahini
 1 tbsp (15 mL) lemon juice
 4 large sprigs of fresh flat-leaf parsley

SERVES 4

METHOD:

1. Remove feta from package, drain liquid and put into small bowl of cold water. Leave to soak while preparing salad.
2. Divide lettuce among

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	B	A	F	A	S	A	F	R	O
L	I	R	A	R	T	P	R	O	D
G	R	I	P	W	A	P	O	N	D
A	D	A	P	T	B	O	O	R	
B	A	Z	O	O	P	R	O	M	P
A	R	E	A	A	P	E	X	I	L
B	I	R	C	H	T	E	B	R	A
A	L	O	H	A	S	C	M	M	E
L	A	M	E	X	B	R	A	M	E
D	O	P	E	R	T	I	R	S	T
O	P	E	D	I	E	T	I	R	S
I	D	O	L	I	A	N	D	E	Y
A	P	O	E	A	Y	E	A	G	E

For more games and 60 additional daily cartoon strips, visit metronews.ca**Horoscopes by Sally Brompton** sallybrompton.com**ARIES**

MARCH 21-APRIL 20 

Why are you always talking at cross purposes with other people? Is it your fault or theirs? Make allowances for others — and for yourself.

LIBRA

SEPT 23-OCT 23 

You will receive some valuable news today. It will be more valuable still if you stop and think before cashing it in. Knowledge can be saved and grown.

TAURUS

APRIL 21-MAY 21 

You may now regret some of the things you said over the past few days. On the other hand, others respect you more when you speak your mind.

SCORPIO

OCT 24-NOV 22 

If you must be critical of someone today at least be positive about it. The idea is not to make them feel bad about themselves.

GEMINI

MAY 22-JUNE 21 

Today's aspect between Mercury, your ruler, and quarrelsome Mars means you will speak your mind no matter what the consequences might be.

SAGITTARIUS

NOV 23-DEC 21 

Current aspects make you feel good but they also make you a bit lazy, so make an effort to do something with today's helpful cosmic rays.

CANCER

JUNE 22-JULY 22 

You may not understand the significance of recent events but you do understand that you have been wasting your money on things you really don't need.

CAPRICORN

DEC 22-JAN 20 

If you were too cautious yesterday then you can be more daring today. It is still unwise to gamble with money — either your own or other people's.

LEO

JULY 23-AUG 23 

You have so much energy at your disposal at the moment that it's hard to decide what to do with it all. For best results try to focus on just one task.

AQUARIUS

JAN 21-FEB 18 

You may want to get away from your current environment but you won't be able to. Whatever is keeping you in one place must be faced and dealt with.

VIRGO

AUG 24-SEPT 22 

So many things to do and so little time in which to do them. Is that how you feel? If so, the obvious thing to do is to cut back on your commitments.

PISCES

FEB 19-MARCH 20 

If you don't understand what is taking place around you at the moment try looking back over the past few months for some clues.

FLIGHT CENTRE *Unbeatable*

San Francisco
 Air + 3 Nights
\$479

Renoir Hotel
 Departs Mar 4/ggv/aa. ADD San Francisco City tour for \$49.
 * taxes & fees \$133

I 866 720 4853 | flightcentre.ca

borrow up to
\$1,500
instantly

mogo

for 30 days

apply now!

The maximum allowable cost of borrowing under payday loan agreements is \$21 per each \$100 advanced. Cost of borrowing \$300 for 14 days is \$31.50. Mogo's cost per \$100 borrowed is \$21 for 30 days, total repayment amount is \$121.

mogomoney.com

» money on the go

Introducing 16 apps that need no introduction.

Nike Master Control

Free • Looking to improve your soccer skills this year? This elite Nike training app features instructional videos from FC Barcelona coaches. Get tips on ball control, see drills the pros use and even learn some of their signature moves.

Disney

Free • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

Air Canada

Free • The country's largest airline, at your fingertips. Receive notifications about any changes to your flight, check in and choose your seats – all before you get to the airport.

NFB Films

Free • The National Film Board brings you hundreds of movies – for free. Watch award-winning animations and documentaries right now, or store on your iPhone and view off-line.

LEGO

Free • Enjoy the iconic building toy right on your iPhone. Take a picture, tap the screen and see the image transform itself into Lego bricks before your eyes. Save to your photo library or send to friends and relatives.

The North Face

Free • Before you hit the slopes, pocket this comprehensive resort guide from The North Face. Get trail maps, forecasts, check current snow conditions – from St. Anton to Zermatt.

L'Oréal Paris

Free • Want to know what colours suit your skin tone, or how to apply the perfect lipstick? It's all here on your iPhone. Just tap for make-up tips, skincare information and video demonstrations.

Maclean's

Free • The only national news magazine now fits in your pocket. Read selected articles, opinions and blogs, and get the Maclean's perspective on all the issues facing the country.

CBC Hockey

Free • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

Avis

Free • Get the car you want, when you want it from the car rental service that "tries harder." Easily check real-time availability, make on-the-fly reservations and enjoy access to special rates.

eBay

Free • Put the world's top online marketplace on your iPhone. Search for new stuff and place that last-minute bid even when you're nowhere near your computer.

CBC Radio

Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favourites list for quick access to the programs you love.

Scotiabank

Free • Canada's most international bank – on your iPhone. Get the details of any branch and check opening hours. Tap to call or use your iPhone's GPS to find your nearest ABM.

Facebook

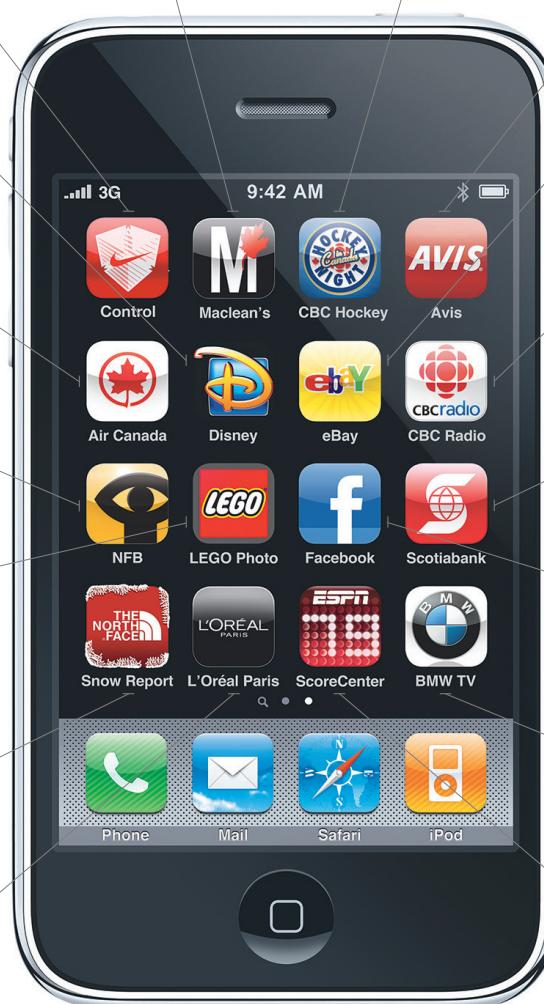
Free • If you love Facebook, you'll love having it on your iPhone, where you can check status updates, post comments, tag photos and upload videos when you're out and about.

BMW

Free • Now you can have the BMW experience at your fingertips. Watch a regularly updated collection of videos from prototypes to classic designs, engineering to motor sport.

ESPN

Free • Get instant scores and updates from one of the most reliable names in sports. ESPN's personalized scoreboards let you organize by sport and team so you can follow your favourites wherever you are.



It's amazing who's on the iPhone these days, from Air Canada to Disney, BMW to The North Face.

There are over 140,000 apps for just about anything, only on the iPhone.



iPhone 3G S